A

Choice Manuall,

OR

RARE and SELECT

SECRETS

IN

PHYSICK

AND

CHYRURGERY:

Collected, and practised by the Right Honourable, the Countesse of *Kent*, late deceased.

Whereto are added several Experiments of the Virtues of Galens powder, and *Lapis contra Tartarum*, by a Professor of Physick.

As also most Exquisite waies of Preserving, Conserving, Candying, &c.

The Fourteen Edition.

LONDON,

Printed, by *Gertrude Dawson*, and are to be sold by *Margaret Sheares* at the Sign of the Blew Bible in *Bedford* Street in Covent Garden. 1683.

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Elizabeth Countess of Kent.

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LONDON,
Printed, by *Gertrude Dawson*, and are to be sold by *Margaret Sheppard* at the Sign of the Blew Bible in *Bedford* Street in Covent Garden. 1663.

To the vertuous and most Noble Lady, *Lætitia Popham*, Wife of the Honourable and truly Valiant Colonel *Alexander Popham*.

Thrice Noble and truely Vertuous Lady.

After mature deliberation, what to tender unto your acceptance worthy your Patronage, nothing occured more probable, than this small Manual; which was once esteemed a rich Cabinet of knowledge, by a person truly Honourable: May it auspitiously procure but your Honours like friendly Estimation, and then I doubt not, but it will find a universal acceptance amongst persons of greatest Eminency. Sure I am, it may be justly deemed as a rich Magazine of experience, having long since

aught the world its approved excellency, yea, even in many dangerous exigencies. All I humbly crave for the present is, my boldness may be favourably excused, since it was my lawfull ambition, thereby to avoid ingratitude, for the many singular favours I have already received from your endeared truly Honourable Husband, my always-true noble friend, and most happy Country-man: God multiply his blessings upon all your noble Family, and make you no less Honourable here on Earth, than eternally happy hereafter: which shall be the daily prayer of him, whose highest Emulation is,

In all due wayes

abundantly to Ho-

nour and serve you.

W. J.

TO.

TO THE READER.

Courteous Reader.

WEll remembring that we are all born for the weal-publike good: I here tender to thy perusal this small, and yet most Excellent Treatise, Entituled, *A Choice Manual of Rare and Select Secrets in Physick*: If thereby thou suck abundance of Profit, I shall be superlatively glad, but if any, or perchance many unlooked for mistakes, for want of a due application, bid thee entertain contrary thoughts, the effect not answering thy curious expectation, upon a more serious reflex, know, that nothing is absolutely perfect, and withal, that the richest and most soveraign Antidote may be often misapplied: wherefore the fault not being mine, excuse and cease to censure: For which just, and but reasonable favour, thou shalt deservedly oblige me,

Thine W. S.

A Table of the Contents.

A

For an Ague 274,6,137,146
For an Ach. 28,39,56,61, 120,127
Aqua Compositæ 114,126,137
For an Ach in the Back 129
For a tertian Ague 155
For the stinging of an Adder 156
Mr. Alleys Ointment 162
For an Ach in the joynts 164
The vertue of Aqua Bezoar 191
Spirit of Confection of Alkermes its Virtues 196
Extract of Ambergreese ibid.

B

For a Bruise 10,10,56,77,95 104,110
For restoring Breath. 110
A strengthing meat for the same 29

A Cor-

The Contents.

A Cordial for a breakfast 22
For the griping of the Belly 22
To clear the Blood 31
For burning of the Back 23
For weakness of the Back 34,103
19,103
For a sore Breast 38
For a stinking Breath 39
For one that pisseth blood 42
For the bone-ach 72,142
For a burning by lightning 83
To stench blood 85
For the black Jaundice 89
For burning with Gunpowder 96
A Plaister for the Back 115
To make Balm-water 146
For an inward bruising 110
For a blast 168
Balsamum C 169
For a Consumption and Cough of the Lungs 1,20,76 133,178
To make a Jelly and Glister for the Cough 51
For an Extream Cough and Cold 18
34,178
China broth for a Consumption 23

Another broth for a Consumption, 25
For corns 51
For a Canker 52,103,118 5
For pain after Child birth 68
For swollen Cods ib.
For the Cholick 81
For all manner of Cuts 86
For a dead Child in a Woman 91
To deliver a Child in danger 133
157
To Cool Choler 136
For the Cholic passion 137
For Children that are troubled with an extream Cough 14
For a Cold 168
Pouder of Crabs-Clawes 18
The Vertue of a root called Contra Yarua 188,189 9
Vertues of spirit of Clary 191
Vertues of spirits of Comfrey 1,6

D

For the Dropsie 31
For the bitting of a Mad-Dog 63
71,156
Vertue of sp. of Diafatyrion 104

E or

B

For all infirmities and diseases of the Eyes 30,38,49,50,106,149
For a pin, and web, and redness in the Eye 36,75,147,148
For the Emeroids 91,128,153
For Rheum at the Eyes 127,132
For sore Eyes 172,174,175
Several Experiments made of the Countess of Kents Poudar 198

F

For faintness 3
For Flegm 11
To know whether he that hath the Flux shall live or die 47
For the Falling sickness 56,122
For the bloody Flux 56,138,173
To kill a Felon 64
To break a Felon 65,122,128
Oil of Foxes its Vertues 104
Jelly of Frogs 177
For a red Face 180

G

For the Gough 43,91,92
For the Green sickness 84
Galcons Poudar 183

Gasons *Pouder by the Apothecaries*
H 185
To make Horse-Raddish drink 7
To take away Hoarsnes 13
To take away Head-ach 16.
A Cordial for the Heart 16,17
For coldnes in the Head 34
For the Hearing 44,91,122
For the Breaking out of Childrens Heads 55
For the swelling of the Head with a fall 69
For a new Hurt 72
To cleanse the Head 74
For singing in the Head 97
For a heat, or burning, or scalding 125
Oyl of Hypericon 170
For a Scald-head 173
For heat of the soles of the feet 183
I
For the Itch 109.174
Oil of St Johns-Wort. 80
For a strain in the Joints 161
K
For Kibes 16,112
The Countes of Kents Pouder 186

L

For the Liver 11,111
For a Lask 69,95,112,119
Against grief of the Lungs 37
To cause easie Labour 77
To keep ones body loose 181

M

Against Melancholy 48,111
Aqua Mirabilis with the Vertues 4,5
To prevent miscarrying 26
For the Mother 119,153
The Vertues of Aqua Marlæ 192
The Vertues of Spirit of Mints 93
The Composition of Oleum Magistrale 204

P

For the Plague 9,90,101,108,
139,154,155,176,180
For the Plurisie 26,74
For the dead Palsie 38,102
A good Purge 59
For a pricking with a Nail or Thorne 95,107,117
To make the leaden Plaister 105
The vertue of the Plaister 106
For the Ptisick 121

For pricking and burning in the soles of the feet. 125
For a Push 130
The best Paracelsus Salve 157
An excellent Plague Water 166
A Defensive Plaister against the Plague 167

R

Running of the Reins 35,68,82, 125,168
Pessorel Rowles 37
For the Reins of the Back 61
For Rheum in the head 95
For one that hath a Rupture 99,100 113
Vertues of Flowers of Rosemary 192
Vertues of Sp of Roses 194

S

For stone in the Kedneys 26,75
For a Scorch 20,62,99
For Scabs 10
For the Scurvy 32
To strengthen the stomack 33,150
For Sun burnt 91
For a Swelling 29,31,52,53,71 73,115

For

For spitting of bloud 46,71
Against surfeiting 49,60,111,175
For Sinews that are shrunk 93
Dr. Stevens Water 65,146
To cause one to sleep 71,103,119
122
For pain in the Stomach 76
A Cordial for the Sea 78
For the Stone 81 93,111,134,135
For an old Sore 81,89 90,93,101
109,128,145
To make Oil of Sage 87
For a Scald 97,123,152
To make Oil of Swallowes 126
A water for the feebt 131
For the stiffnes of Sinews 138
For the Spleen 151
Vertues of spirits of Saffron 103
Vertues of Sp. of Strawberries 195

T

For stopping in the Throat 11
To distil Triacle-Water 72
For a Tetter 59,97,180
To keep Teeth clean 86
To cure the Gargel in the Throat 90
10

To quench thirst 126
For the Tooth-ach 88,179
To fasten the Teeth ibi
To make one take their meat 179
The vertues of Aqua Theriacalis 193

V

How to stay Vomiting 33
How to stop the bleeding of a Vein 47
For a vein ill smitten 48
For Ulcers 55
Flos Unguentorum 57
Against biting of Venemous beasts 70
Against falling of the Uvula 182

W

A Cordial for wind in the stomack 19
146,156
Restoratives for the same 16,17
18,41
For a green Wound 27, 54,69,
72,83,108,124,138
For one that is Weak 39,41,59
To stench bleeding of a Wound 46
96,168
For a Woman traveling with Child
48,79

For

The Contents.

For a Wen 44
For cankered wounds 61
Dr Willoughbies Water 66
To draw an Arrow head, or any Iron out of a Wound 68
For a Woman that hath her flowers too much. 91
To cause a Woman to have her sickness 94
To kill Worms 94, 153
For the Wind-Collick 101
For one that cannot make Water 114, 282
To take away Warts. 118

Y

Yellow Iaundice 37

A Choice Manual, OR Rare and Select SECRETS IN PHYSICK,

By the right Honourable the Countesse of Kent.

A very good medicine for a Consumption and Cough of the Lungs.

TAke, a pound of the best Honey as you can get, and dissolve it in a Pipkin, then take it off the fire, and put in two pennyworth of flower of brimstone, and two

two penniworth of powder of Elecampane, and two penniworth of the flower of *Liquorice*, and two penniworth of red Rose-water, and so stir them together, till they be all compounded together, and put it into a gally-pot, and when you use it, take a Liquorice-stick beaten at one end, and take up with it as much almost as half a Walnut, at night when you go to bed, & in the morning fasting, or at any time in the night when you are troubled with the Cough, and so let it melt down in your mouth by degrees.

Sir John Dighies *Medicine for the Stone in the Kidneys.*

Take a pound of the finest Honey, and take seven quarts of Conduit-water, set them on the fire, and when it is ready to seeth, scum it, and still as the froth doth rise, scum it and put in twenty whole Cloves, and let them seeth softly for the space of half an hour, and so bottle it up for your use, and drink it morning and

nd evening and at your meat, and
e no other drink untill you are wel.

Medicine for the falling sickness.

Take a penny weight of the pou-
er of Gold, six penny weight of
earl, six penny weight of Amber,
ix penny weight of Corral, eight
rains of Bezar, half an ounce of
iony-seed, also you must put some
ouder of a dead mans Scull that
ath been an Anatomy for a woman,
nd the pouder of a woman for a
an, compound all these together,
nd take as much of the pouder of all
hese, as will lie upon a two-pence for
nine mornings together in Endive-
water and drink a good draught of
Endive-water after it.

For Cordials and Restoratives use these things following.

In any faintnesse take three drops
of oil of Cinnamon, mixed with a
spoonful of Sirrup of Gilliflowers,
& as much Cinnamon-water, drink
this for a Cordial.

Against

Against Melancholy.

Take one ſp. ontul of Gilliflow-
ers, the weight of ſeven Barly corn
of Bever-ſtone, bruiſe it as fine
flower, and ſo put it into two ſp
fuls of Sirrupe of Gilliflowers, a
take it four hours after ſupper,
elſe four hours after dinner, this w
cheer the heart.

If you be ſick of or meat uſe this.

Take of the beſt green Ginger
preſerv'd in Sirrup, ſhred it in ſma
pieces, put it into a gally pot, and p
Cinnamon-water to it, then af
dinner or ſupper eat the quantity
two nutmegs upon a knives point.

Aqua Mirabi is.

Take three pints of white Win
one pint of *Aqua vitæ*, one pint
juyce of Celendine, one drachm
Cardamer, a drachm of Mallow
flowers, Cubebs a drachm, Ga
Nugal, Nutmeg, Mace, Ginger, a
Cloves, of each a drachm, mingle
theſe together over night, the n
morning, ſet them a ſtilling in a gl
Limbeck. T

The Vertues.

This water dissolveth swelling of the Lungs, and being perfumed doth help and comfort them, it suffereth not the blood to putrifie, he shall not need to be let blood that useth this Water, it suffereth not the heart-burning, nor Melancholy or Flegm to have dominion, it expelleth urine and profiteth the stomack, it preserveth a good colour, the visage, memory and youth, it destroyeth the Passie.

Take some three spoonfuls of it once or twice a week, or other, morning and evening, first and last.

Another way to make Aqua Mirabilis.

Take Galingal, Cloves, Quibe, Ginger, Mellilot, Cardamomie, Mace, Nutmegs, of each a dragham, and of the juyce of Celendine half a pint, adding the juyce of Mints and Balm, of each half a pint more, and mingle all the said spices being beaten into a powder, with the juice,

with

with a pint of good *Aqua vitæ*, an
three pints of good white-Wine, an
put all these together in a pot, an
let it stand all night being close stop
& in the morning still it with a so
fire as can be, the still being clo
pulled, and a cold still.

A Medicine for the Stone in the Kid neys.

Take a good handful of Pellito
ry of the Wall, a handfull of Mead
Parsley, Saxifrage, a handful o
wild Thyme, a handful of garden
Parsley, three spoonfuls of Fenn
seed, six horse-Raddish-roots sliced
them shred all these together, put them
in a gallon of new-Milk, and let them
stand and steep in a close pot or
whole night, and then still them mil
and all together, this must be done in
May or *June*, for then herbs are in
their best state, and when it is taken
you must put two or three spoonfuls
of this water, as much white-wine as

Reniih,

nish, and if you please a little sugar, and so take it two dayes before the change, and two dayes after, and two dayes before the full, and two dayes after, continuing taking the same all the year, and the patient undoubtedly shall find great ease, and void many stones, and much gravel, with little pain.

To make Horse-Raddish drink.

Take half a pound of Horse-Raddish, then wash and scrape them very clean, and slice them very thin crosswaies on the root, then put them into six quarts of small Ale, such as is ready for drinking, which being put into a pipkin close covered set on the imbers, keeping it a little more then blood-warm for twelve hours, then take it off the fire, and let it stand to cool until the next morning, then pour the clear liquor into bottles, and keep it for your use, drinking a good draught thereof in the morning, fasting two hours after, and the like quantity at four in the after-

noon, this drink is excellent good against winds, as also for the scouring and dropsie being taken in time.

An excellent Medicine against melancholly.

Take four quarts of the juyce of Pea-mains, and twice as much of the juyce of Bugloss, and Borrage, if they be to begotten, a drachm of the best English Saffron, bruise it, and put it into the juyce, then take two drachms of *Kennes* small beaten to pouder, mix it also with the juyce so being mixt, put them into an earthen vessel, covered or stopt forty eight hours, then strain it and allow a pound of Sugar to every quart of juyce, and so boil it to the ordinary height of a sirrup, after it is boiled take one drachm of the spices of Diamber, and two drachms of the spices of *Diamargariton frigidum*, and so sew the same slenderly in a linnen bag, that you may put the same easily into the bottle of sirrup,

up, and so let it hang with a thread
er at the mouth of the bottle; the
ices, must be put into the syrrup in
e bag, so soon as the syrrup is off
e fire, whilst it is hot, then after-
ards put it into the bottle, and
ere let hang: put but a spoonful
r two of Honey amongst it whilst
t is boiling, and it will make the
um rise, and the syrrup very clear.

You must add to it the quantity
f a quarter of a pint of the juyce of
alm.

An excellent Receipt for the Plague.

Take one pound of green Wal-
uts, half an ounce of Saffron, and
alf an ounce of *London* Triacle,
eaten together in a mortery and
ith a little *Cardum*, or some such
ater, vapour it over the fire, till it
me to an Electuary: keep this in a
ot, and take as much as a Walnut,
is good to cure a Feaver, Plague,
nd any infection.

An excellent Cordial.

Take the flowers of Marigolds, and lay them in small spirit of wine when the incture is fully taken out, pour it off from the flowrs, and vapour it away till it come to a consistence as thick as an Electuary.

For a bruise or stitch under the Ribs.

Take five or six handful of Cabbage, Ramp it, and strain it, after it is boiled in a quart of fair water then sweeten it with Sugar, and drink it off in a wine glass in the morning, & at four in the afternoon for five or six dayes together, then take a Cabbage leaf, and between two dishes stew it, being wet first in Canary wine, and that lay hot to your side evening and morning.

An excellent Receipt for an Itch, or any foul Scabs.

Take Fox gloves, and boil a handful of them in posset drink, and drink

drink of it a draught at night, and in the morning, then boil a good quantity of the Fox-gloves in fair running water, and annoint the places that are sore with the water.

A Receipt good for the Liver.

Take Turpentine, slice it thin, and lay it on a silver or Purslane Plate, twice or thrice in the Oven with the bread till it be dry, and so make it into pouder, every day take as much as will lye on a sixpence in an Eg.

For Flegm, and stopping in the throat and stomack. D. T.

Take oil of Almonds, Linseed oil, buds of Orange flowres, boil all these in Milk, and annoint the stomack well with it, and lay a scarlet cloth next to it.

For an extream cold and a cough.

Take of Hysop water six ounces, of red Poppy water four ounces, six Dates, ten Figs, and slice them small, a handfull of Raisins of the Sun, the weight of a shilling of the

Powder of Liquorice, put these into the aforesaid waters, and let them stand five or six hours upon warm embers, close covered, and not boil, then strain forth the water, and put into it as much Sugar of Roses as will sweeten it, drink of this in the morning, and at four of the clock in the afternoon, and when you go to bed.

To Distil Triacle water.

Take one ounce of Hearts-horn shaved, and boil it in three pints of *Cardans* water, till it come to a quart, then take the roots of Elecampane, Tormentil, Cypress, Turmentil and of Citron rinds, of each one ounce, Borage, Bugloss, Rosmary flowers, of each two ounces, then take a pound of the best old Triacle, and dissolve it in six pints of white wine, and three pints of Rose-water, so infuse all together and distil it.

It is good to restore spirits, and speech, and good against swounding, faint-

sainthess, agues, and wormes, and the small pox.

Triacle water.

Take three ounces of *Venice* Triacle, and mingle it in a quart of spirit of wine, set it in horse-dung four or five dayes, then still it in ashes or sand twice over, after take the bottom which is left in the Still, and put to it a pint of spirit of wine, and set it in the dung till the tincture be clean out of it, and strain the clear tincture out of it, and set it on the fire, till it become to be a thick consistence, it must be kept with a soft fire. And so the like with Saffron.

To take away a Hoarseness.

Take a Turnip, cut a hole in the top of it, and fill it up with brown Sugar candy, and so roast it in the embers and eat it with Butter.

To take away the Head-ach.

Take the best Sallade oil, and the glass half full with tops of Poppy flowers which grewen in the Corn,

set this in the Sun a fortnight, and so keep it all the year, and annoint the temples of your head with it.

For a Cough.

Take Sallade oil, *aqua vitæ*, and Sack, of each an equal quantity, beat them all together, and before the fire rub the soles of your feet with it.

To make Jelly of Hearts-horn.

Take a quart of running water, and three ounces of Hearts horne scarped very fine, then put it into a Stone Jug, and set the Jug in a kettle of water over the fire, and let it boil two or three hours until it jelly, then put it into three or four spoonfuls of Rose-water, or white Wine, then strain it: you may put into it Musk, or Ambergriece, and season it as you please.

To make a Glister.

Take half a quart of new Milk, or three quarters, set it on the fire, and make it scalding hot, then take it off,

and

and put into it the yolk of a new laid Egg beaten, two ounces of brown Sugar candy, or black Sugar, give it to the party blood-warm.

Another.

Take the bone of a Neck of Mutton, or Veal, clean washed, set it on the fire to boil in three pints of fair water, and when it is clean scummed then put in three roots of Fennel and Parsly clean washed and scraped, of either of them the roots bruised, a handful, of Cammomil, and Mallowes a handful, let all these boil together till half be wasted, then strain it, take three quarters of a pint of this broth, brown Sugar-candy two ounces, of Oil of Flax-seed two ounces, mingle all these together, & take it for a glister, blood-warm, when it is in your body keep it half an hour, or three quarters of an hour, or an hour if you can.

A Comfortable Cordial to cleer the Heart.

Take one ounce of conserve of Gilliflowers, four grains of the best Musk bruised as fine as flower, then put it into a little tin pot, and keep it till you have need to make this Cordial following, *Viz.* Take the quantity of one Nutmeg out of your tin pot, put to it one spoonful of Cinnamon-water, and one spoonful of the syrrup of Gilliflowers, Ambergreece, mix all these together, and drink them in the morning fasting three or four houres, this is most comfortable.

A Cordial for wind in the stomack, or any part.

Take six or eight spoonfuls of Pennyroyal-water, put into it four drops of oil of Cinnamon, to drink it any time of the day, so you fast two or three hours after.

Restoratives.

Take a well fleshe Capon from the

the barn door, and pluck out his Intrals, then wash it within with a little white Wine, then flea off all the skin, and take out his bones, & take the flesh, only cut it in little pieces, and put it in a little stone bottle, and put to it one ounce of white Sugar candy, six Dates slit, with the stones and pith taken out one large Mace, then stop the bottle up fast, and set it in a Chafer of water, and let it boil three hours, then take it out, and pour the juyce from the meat, and put to it one spoonful of red Rose-water, and take the better part for your breakfast four hours before dinner, and the other part at three a clock in the afternoon, being blood-warm.

Another restorative.

Take half a pint of Claret wine, and half a pint of Ale, and make a Caudle with a new laid Egg; put in half a Nutmeg cut into two pieces, then take it off the fire, and put in seven grains of Ambergriece, drink this

this for two breakfasts, for it will encrease blood and ſtrength.

Another Reſtorative.

Take two new laid Eggs, and take the whites clean from them, and put the yolks both in on ſhell, then put in two ſpoonfu's of Claret wine, ſeven grains of Ambergreece ſmall bruſſed, and a little Sugar candy, ſtir all theſe together, and make them blood-warm, and ſup them up for a breakfaſt three or four hours before dinner.

Another Reſtorative.

Take a young leg of Mutton, cut off the skin and the fat, take the fleſh being cut into ſmall pieces, and put it into a ſtone bottle, then put to it two ounces of Raiſins of the Sun ſtoned, a large Mace, an ounce and half of Sugar-candy, and ſtop the bottle very cloſe, and let it boil in a Chafer three hours, and ſo put the juyce from the meat, and keep it in a clean glaſſe, it will ſerve for three

brek-

breakfasts, or if he will he may take some at three a clock in the afternoon being made warm.

A Restoring

Take two ounces of Chene-roots, first slit very thin, then put it in a new Pipkin with five pints of running water boyl'd close covered, and set it upon embers all night long, where it may be very hot, but not seeth, then put to that water a great Cock-Chicken, and when it is clean scummed, put into it two spoonfuls of French Barly, six dates slit, with the pithe and stones taken out, two ounces of Raisins of the Sun stoned, a large Mace, let all these boil together till half be consumed, then take out the Cock, and beat the flesh of it in a clean Morter, and all the broth, then strain it all together throughout a hair Collender, then put in two spoonfuls of red Rose-water, and sweeten it with white Sugar-candy, drink of this broth, being made

made warm, half a pint in the morning early fasting, and sleep after it if you can, drink a good draught at three of the clock in the afternoon, this broth is very good for a Consumption, and the longer they take it, it is the better.

A strengthening Meat.

Take Potato roots, roast them or bake them, then pill them, and slice them into a dish, put to it lumps of raw marrow, and a few Currans, slice whole Mace, and sweeten it with Sugar to your taste, and so eat instead of buttered Parsnips.

Broth for a Consumption.

Take three marrow bones, break them in pieces, and boil them in a gallon of water till half be consumed, then strain the liquor through a Cullender, and let it stand while it be cold, then take off all the fat clean, and put the broth into a pipkin, and put to it a good Cock-Chicken, and

a knuckle of Veal, then put into it the bottome of a white loaf, a whole Mace, two ounces of Raisins of the Sun stoned, six Dates slit, let all these boil together till half be consumed, then strain it, instead of Almonds take a few Pistaries kernils, and beat them, and strain with your broths as you do Almond milk, and so sweeten it with white Sugar, and drink half a pint early in the morning, and at three a clock in the afternoon, and so continue a good while together, or else it will do you no good.

Another Cordial.

Take a preserved Nutmeg, cut it in four quarters, eat a quarter at a breakfast, and another in the afternoon, this is good for the head and stomack.

A Cordial for a Breakfast fasting.

Eat a good piece of a Pomecitron preserved, as big as your two fingers in length and breadth, and so at three of the clock in the afternoon.

A restoring Broth.

Take the brawn of a Capon, or Pullet, twelve Jordan Almonds blanched, beat them together, and strain out the juyce with a draught of strong broth, and take it for a breakfast, or to bedward.

A Medicine for any griping of the Belly.

Take a pint of Claret Wine, put to it a spoonful of Parsly seed, and a spoonful of sweet Fennel seed, half a dozen cloves, a branch of Rosemary, a wild Mallow root clean washt and scrapt, and the pith taken out, with a good piece of Sugar, set this on the fire, and burn the Claret very well with all these things in it, then drink a good draught of it in the morning fasting, and at three a clock in the afternoon.

To keep the Body Laxative.

Take half a pint of running water, put it in a new Pipkin with a cover-

ever, then put into the water two ounces of Manna, and when it is dissolved, strain it, and put to it four ounces of Damask Prunes, eight Cloues, a branch of Rosemary, let all these stew together while they be very tender, then eat a dozen of them with a little of the liquor an hour before dinner or supper, then take a draught of broth and dine.

To make the China *Broth for a Consumption.*

Take *China* root thin sliced two ounces, steep it twenty four hours in eight pints of fair water, letting it stand warm all the time, being close covered in an earthen Pipkin, or Iron pot, then put to it a good Cockrel, or two Chickens clean dressed, and scum it well, then put in five leaved Grasse two handfuls, Maidenhair, Harts-tongue, of either half a handful, twenty Dates sliced, two or three Mace, and the bottome of a Manchet, let all these stew

ſtew together, until nor above o
quart remains, then ſtrain it, a
take all the fleſh, and ſweet bon
beat them in a ſtone morter, a
ſtrain out all the juyce with t
broth, then ſweeten it with two ou
ces of white Sugar-candy in poud
and take thereof half a pint at on
early in the morning warm; a
ſleep after it if you can, and t
hours before ſupper at your pl
ſure, when you keep the root, ſh
two drachms of white Sanders, a
as much red Sanders, and let the
boil in the broth.

A Gentle Purge.

Take a pound of Damaſk R
ſes, eat it all at one time, faſt th
quarters of an hour after, then take
draught of Broth and Wine.

Another Purge.

Take the weight of four or fi
pence of Rubarb, cut it in little pi
ces, and take a ſpoonful or two
good Currans waſht very clean,
ming

mingle them together, and so eat them, fast an hour after, and begin that meal with broth, you may take it an hour before if you will.

Broth for a Consumption.

Take a course Pullet, and sow up the belly, and an ounce of the conserves of red Roses, of the conserves of Borage and Bugloss flowers, of each of them half an ounce, Pine Apple kernels, and P Raries of each half an ounce bruised in a morter, two drachms of Amber powder, all mixed together and put in the belly, then boil it in three quarts of water, with Endive and Succory, of each one handful, Sparrow-grass roots, Fennel roots, Caper roots, and one handful of Raisins of the Sun stoned, when it is almost boiled take out the Pullet, and beat it in a stone morter, then put it into the liquor again, and give it three or four walmes more, then strain it, and put to a little red Rose-water,

and

and half a pint of white Wine, s
so drink it in a morning, and fle
after it.

To prevent miscarrying.

Take *Venice* Turpentine, spre
it on black brown paper, the bread
and length of a hand, lay it to
small of her back, then give her
drink a candle made of Muscadin
and put into it the husks of twen
three sweet Almonds dryed, a
finely poudered.

For Boiles, or Kibes, or to draw
Sore.

Take strong Ale, and boil it fro
a pint to four spoonfuls, and so ke
it, it will be an Ointment.

To make Cammomil Oil.

Shred a pound of Cammomil, an
knead it into a pound of sweet Bu
ter, melt it, and strain it.

A Receipt for the Pluriſe.

Take three round Balls of Hors
dung, boil them in a pint of whi
Wine till half be consumed, the
strai

In it out, and sweeten it with a
le Sugar, and let the Patient go
ed and drink this, then lay him
m.

For an Ague.

Take a pint of milk and set it on
fire, and when it boils put in a
t of Ale, then take off the curd
put in nine heads of *Cardus*; let
oil till half be wasted; then to e-
y quarter of a pint put a good
onful of Wheat flower, and a
rter of a spoonful of grosse Pep-
, & an hour before the fit, let the
ient drink a quarter of a pint,
be sure to lye in a sweat before
fit.

excellent Balm for a green Wound.

Take two good handfuls of Eng-
Tobacco, shred it small, and put
a pint of Sallade oil, and seeth
n a soft fire to simper, till the oil
ge green, then strain it, and in
cooling put in two ounces of *Ve-*
Turpintine.

For

For an ach.

Take of the beſt Gall, white w
Vinegar, and *Aqua vitæ*, of ea
like quantity, and boil it gently
the fire, till it grow clammy, t
put it in a glaſs or pot, and when y
uſe any of it, warm it againſt the f
rub ſome of it with your hand
the aking place, and lay a Lin
cloath on it, do this mornings a
evening.

To make a Searcloath.

Virgins Wax, *Sperma Ceti*,
nice Turpentine, oil of white Pop
oil of Ben, oil of ſweet Almonds,

For wind in the Stomack, and
the Spleen.

Take a handful of Broom, a
boil it in a pint of Beer or Ale till
be half conſumed, and drink it f
the wind, and the Stomack, and
the Spleen.

...most excellent water for a Consumption and Cough of the Lungs.

...ake a running Cock, pull him ..., then kil him, when he is almost ... cut him abroad by the back, and ... cut the Intrals, and wipe him ..., then cut him in quarters, and ...ke the bones, put him into such a ...l as you still Rose water in, and ... a Pottle of Sack, a pound of ...rrans, a pound of Raisins of the ... stoned, a quarter of a pound of ...es, the stones taken out, and the ...es cut small, two handfuls of ... Thyme, two handfuls of Or...es, two handfuls of Pimperbal, ... two handfuls of Rosemary, two ...dfuls of Bugloss and Borage ...rs, a Pottle of new Milk of a ... Cow, still this with a soft fire, ...into the glass that the water doth ... into, half a pound of Sugar... ...dy beaten very small, one book ...leaf Gold cut small among the ...ar, four grains of Ambergriece,

twelve

twelve grains of prepared Pearl, you must mingle the strong water with the small, and drink four spoonfuls at a time in the morning fasting, and an hour before supper, you must shake about the glass, when you drink it.

For a bruise.

Take six spoonfuls of Honey, a great handful of Linseed, bruise them in a Morter, and boil them in a pint of Milk an hour, then strain it very hard, and annoint your breast and stomack with it every morning and evening, and lay a red cloth upon it.

The Eye water for the infirmities and diseases of the Eye.

Take of the distilled water of the white wild Rose, half a pound of the distilled water of Celendine, Fennel, Eye-bright, and Rue of each two ounces, of Cloves an ounce and a half, of white Sugar-candy one drachm, of *Tutia* prepared four ounces, pulverize all these ingredients

dients each by themselves, saving that you must bruise the Camphire with your Sugar-candy, for so it breaks best, then mix all the powders together in a Paper, put them in a strong glass, pour the distilled waters upon them, and three pints of the best French white wine that can be had, shake it every day three or four times long together for a moneth, and then you may use it: remember to keep it very close stopt. This is verbatim as it was had from the Lord Kelly.

A Medicine very good for the Dropsie or the Scurvy, and to clear the Blood.

Take four gallons of Ale, drawn from the tap into an earthen Stand, when the Ale is two dayes old, then you must put in of Brook-lime, of Water-cresses, of Water-mints with red stalks, of each four handfuls, half a peck of Scurvy-grasse, let all these be clean picked, and washed

and dryed with a cloth, and shre
with a knife, and then put into a ba
then put in the Ale and stop it clos
so that it have no vent, stop it wit
Ripe past; the best Scurvey-gras
grows by the water side, it must b
seven dayes after the things be in be
fore you drink it. Take two quart
of water, and put in four ounces o
Guaicum, two ounces of *Sarsaparil*
la, one ounce of Saxifrage, put it in
to a pipkin, and infuse it upon th
imbers for twelve hours, and the
ftrain it, and put it into the Ale a
soon as it hath done working; th
being added makes the more Ca
dle.

For sore eyes.

Take half a pint of red-Rose-wa
ter, put therein four pennyworth o
Alloe succatrina, as much *Bole ar*
moniack in quantity, let this lie four
and twenty hours in steep, then wa
your eye with it evenings and mor
nings with a Feather, and it wil
help them.

A Sirrup

A Sirrup to strengthen the stomack, and the brain, and to make a sweet breath.

Take Rinds while they be new one pound, of running water the value of five wine pints, then seeth it unto three pints, then strain it, and with one pound of Sugar, seeth it to a Sirrup, and when you take it from the fire, put to it four grains of Musk.

For the burning in the back.

Take the juyce of Plantain, and Womans milk, being of a Woman Child, put thereto a spoonful of Rose-water, and wet a fine cloath in the same, and so lay it to your back where the heat is.

A very good Medicine to stay the Vomiting.

Take of Spare-Mints, Wormwood, and red Rose leaves dryed, of each half a handful, of Rye bread grated a good handful, boil all these in red Rose-water and Vinegar, till they be somewhat tender, then put it

into a linnen cloth, and lay it to th
ſtomack as hot as you can endure it
heating it two or three times a da
with ſuch as it was boiled in.

For Weakneſs in the Back.

Take Nip and Clary, and t
Marrow of an Oxe back, chop the
very ſmall, then take the yolks of tw
or three Eggs, and ſtrain them a
together, then fry them, uſe this fi
or ſeven times together, and after
drink a good draught of Baſtard
Muſcadine.

To make a Cap for the pain and cold-neſs of the Head.

Take of Storax and Benjamin
of both ſome twelve penniworth
and bruiſe it then quilt it in a brow
paper, and wear it behind on you
head.

To make pectoral Rouls for a Cold.

Take four ounces of Sugar fin
ly beaten, and half an ounce of ſcra
ped Liquorice, two grains of Muſ
ap

and the weight of two pence of the syrrup of Liquorice, and so beat it up to a perfect paste, with a little syrrup of Horehound, and a little Gum-dragon being steeped in Rose-water, then roul them in small Roulls and dry them, and so you may keep them all the year.

For the running of the Reins.

Take the pith of an Oxe that goeth down the back, a pint of red Wine, and strain them together through a cloath, then boil them a little with a good quantity of Cinnamon, and a Nutmeg, and a large Mace, a quantity of Ambergreece, drink this first and last dayly.

For Sun-burn.

Take the juyce of a Lemon, and a little Bay salt, and wash your hand with it, and let them dry of themselves, wash them again, and you shall find all the spots and staines gone.

For a Pin, and Web, and redness in the eye.

Take a pint of white Rose-water, half a pint of white Wine, as much of *Lapis Calaminaris* as a Walnut bruised, put all these in a glass, and set them in the Sun one week, and shake the glass every day, then take it out of the Sun, and use it as you shall need.

A special Medicine to preserve the Sight.

Take of brown Fennel, Honeysuckles of the hedge, of wild Daisies roots picked, and washed, and dryed, of Peal-wort, of Eyebright, of Red Roses, the white clipped away, of each of these a handful dry gathered, then steep all these hearbs in a quart or three pints of the best white Wine in an earthen pot, and so let lye in steep two or three dayes close covered, stirring it three times a day, and so still it with a gentle fire, making two distillings and so keep it for your use.

A Proved

A proved Medicine for the Yellow Jaundies.

Take a pint of Muskadine, a precy quantity of the inner bark of a Barbery tree, three spoonfuls of the freenest goose-dung you can get, and take away all the white spots of it, lay them in steep all night, on the morrow strain it, and put to it one grated Nutmeg, one penniworth of Saffron dryed, and very finely beaten, and give it to drink in the morning.

To make Pectoral Rouls.

Take one pound of fine Sugar, of Liquorice and Annise seeds two spoonfuls Elecampane one spoonful, of Amber, and Curral, of each a quarter of a spoonful, all this must be very finely beaten and searced, and then the quantity that is set down must be taken, mix all these powders together well, then take the white of an Egg, and beat it with a little quantity of Musk, then take a brazen morter very well scoured,

and a spoonful or two of the Pouders, and drop some of the Egg to it, so beat them to a paste, then make them in little rouls, and lay them on a place to dry.

A Plaister for a sore Breast.

Take crums of white bread, the tops of Mint choped small, and boil them in strong Ale, and make it like a poultess, and when it is almost boiled, put in the pouder of Ginger, and oil of time, so spread it upon a cloath, it will both draw and heal.

A Medicine for the dead Palsie, and for them that have lost their speech.

Take Borrage leaves, Marigold leaves, or flowres, of each a good handful, boil it in a good Ale Posset, the Patient must drink a good draught of it in the morning, and sweat; if it be in the armes or legges, they must be chafed for an houre or two when they be grieved, and at meals they must drink of no other

drink

drink till their speech come to them again, and in winter, if the herbs be not to be had, the seeds will serve.

An approved Medicine for an Ach, or Swelling.

Take the flowers of Camomill, and Rose leaves, of each of them a like quantity, and seeth them in white Wine, and make a Plaister thereof, and let it be laid as hot as may be suffered to the place grieved, and this will ease a pain, and asswage the swelling.

An approved Medicine for a stinking Breath.

Take a good quantity of Rosemary leaves and floures, and boil them in white Wine, and with a little Cinnamon and Benjamin beaten in pouder, being put thereto, let the Patient use to wash his mouth very often therewith, and this will presently help him.

A good Broth for one that is weak.

Take part of a Neck of Lamb, and a pretty running Fowl, and set

them on the fire in fair spring water, and when it boileth scum it well, so done, put in two large Mace, and a few Raisins of the Sun stoned, and a little Fennel root, and a Parsley root and let them boil, if the party be grieved with heat or cold in the stomack, if heat, put in a handful of barley boiled before in two waters, and some Violet leaves, Sorrel, Succory, and a little Egrimony, if cold, put in Rosemary, Thyme, a little Marigold leaves, borrage, and Buglosse, and boil this from four pints to less than one.

A Receipt for Purging. D. T.

Take the leaves of new Sene, six ounces, of chosen Rubarb one ounce and half, leaves of Sage, and Dock roots, of each one ounce, of Barberries half an ounce, Cinnamon, and Nutmeg of each an ounce, Annise seeds and Fennel seeds, of each six drachms, of Tamarisk half an ounce, Cloves and Mace, of each half a drachm, beat them into a

gross

grosse pouder, and hang them in a linnen bag, in six gallons of new Ale, so drink it fasting in the morning and at night.

To comfort the Stomack, and help Windinesse and Rheum.

Take of Ginger one penniworth, Cloves four penniworth, Mace seven penniworth, Nutmeg fou penniworth, Cinnamon four penniworth, and Galingal two penniworth, of each an ounce, of Cubebs, Corral, and Amber, of each two drachms, of Fennel seeds, Dill seed, and Carraway seed, of each one ounce, of Liquorice and Anniſe seeds, of each an ounce, all beaten into fine pouder, one pound and a half of fine beaten Sugar, which must be set on a soft fire, and being dissolved, the pouders being well mixed therewith till it be stiffe, then put thereunto hast a pint of red Rose-water, and mix them well together, and put it into a galley pot, and take thereof first in the morning, and last in the

evening, as much as a good Hasel Nut, with a spoonful or two of red Wine.

To make a Callice for a weak Person.

Take a good Chicken, and a piece of the neck end of Lamb or Veal, not so much as the Chicken, and set them on the fire, and when they boil & are well scummed, cast in a large Mace, and the pieces of the bottome of a Manchet, and half a handful of French Barly boiled in three waters before, and put it to the Broth, and take such hearbs as the party requireth, and put them in when the broth hath boiled half an hour, so boil it from three and a half to one, then cast it through a strainer, and scum off all the fat, so let it cool, then take twenty good Jordan Almonds, or more if they be small, and grind them in a Morter with some of the Broth, or if you think your broth too strong, grind them with some fair water, and strain them with the

broth,

oth; then ſet it upon a few coals
d ſeaſon it with ſome Sugar, not
o much, and when it is almoſt
oiled, take out the thickeſt, and beat
all to pieces in the morter, and put
in again; and it will do well, ſo
ere be not to much of the others
ſh.

For the Gout.

Take ſix drachms of Cariaco-
ine faſting in the morning, and
ſt two hours after it, you may roul
up in a Water, and take it as Pils,
r in Sack, as you conceive is moſt
greable for the Stomack; this pro-
ortion is ſufficient for a Woman,
nd eight drachms for a man, and
ake it every ſecond day, untill you
nd remedy for it, it is a gentle
urge that works onely upon winde
nd water.

The Pouliteſſe for the Gout.

Take a penny loaf of white bread,
nd ſlice it, and put it in fair water,
wo Eggs beaten together, a handful
f red Roſeleaves, two penniworth

of

of Saffron dryed to pouder, then tak the bread out of the water, and boi it in a quantity of good milk, wi the reſt of the in redients, and app it to the place grieved, as warm a you can well endure.

For them that cannot hear.

Put into their ears good dryed Sue.

A Soveraign water, good for many Cures, and the health of Bodies.

Take a gallon of good *Gaſcoigne* Wine, white or Claret, then tak Ginger, Calingal, Cardomon, Cinnamon, Nutmegs, Grains Cloves, Anniſe ſeeds, Fennel ſeeds, Carraway ſeeds, of each of them three drachms, then take Sage, Mints, red Roſe leaves, Thyme, Pilitory, roſemary, wild Thyme, wild Marjoram, Organy Pennimountain, Pennyroyal, Cammomil, Lavender. Avens, of each of them a handful, then beat the ſpices ſmall, and the Herbs, and put all into the Wine, and let it

ſtand

nd for the space of twelve hours, rring it divers times: then still it a Limbeck, and keep the first wa- by it self, for it is best, then will ere come a second water, which is od, but not so good as the first, e Virtues of this Water be these; comforteth the Spirit Vital, and reserveth greatly the Spirit vital, nd preserveth the youth of man, and lpeth all inward diseases coming cold, and against shaking of the alsie, it cureth the contract of si- ews, and helpeth the conception of he barren, it killeth the worms in he belly, it killeth the Gout, it help- eth tooth-ach, it comforted the omack very much, it cureth the cold Dropsie, it breaketh the stone in the ack, and in the reins of the back, it ureth the Canker, it helpeth shortly he stinking breath; and whosoever seth this water oft, it preserveth em in good liking; this water will e better if it stand in the Sun all he Summer, and you must draw of

the

the first water but a pint, and of the second as far as it will run, until the whole gallon of wine and hearbs be all done out, but the last water will be very small, and not half so good as the first; if you do draw above a pint of the best water, you must have all things more as is aforesaid.

To stench the bleeding of a Wound.

Take a *Hounds* turd and lay it on a hot coal, and bind it thereto, and that shal stanch bleeding, or else bruse a long worm, and make pouder of it, and cast it on the wound, or take the ear of a Hare, and make pouder thereof, and cast that on the wound, and that wil stench bleeding.

For spitting of blood after a fall or bruise.

Take Bittany, Vervain, Nose-bleed, and five leaved grasse, of each alike, and stamp them in a morter, and

nd wring out the juyce of them, and
t to the juice as much Goats milk,
nd let them seeth together, and let
m that is hurt drink of it seven
ayes toge her, till the waxing of the
oon, & let him drink also Olmo-
and Comfry with stale Ale, and
e shall be whole.

For to heal him that spitteth Blood.

Take the juyce of Betony, and
emper that with good milk, and
ive the sick to drink four dayes, and
e shall be whole.

For to know whether one that hath the Flux shall live or die.

Take a penny weight of Trefoile
ed, and give him to drink in Wine
Water, and do this three dayes,
nd if it cease he shall live, with the
elp of Medicine, if not, he shall die.

For to stench the bleeding of a Vein.

Take Rue and seeth it in water,
nd after stamp it in a Morter, and
ay it on the Vein, then take Lambs
wooll

wool that was never washed, and lay that thereon, and that shall stench bleeding.

For a Vein that is evil smitten.

Take Beans and peel away the lack, and seeth them well in Vinegar, and lay them on the Vein hot, in manner of a Plaister.

For one that pisseth blood.

Take and seeth Garlick in water, till the third part be wasted away, let him drink of the water, and he shall be whole.

For a woman travelling with Child.

Take and give her Tittany to drink in the morning, and she shall be delivered without peril, or else give her Hyssop with water that is hot, and she shall be delivered of the child, although the child be dead and rotten, and anon when she is delivered, give her the same without Wine, or bind the herb Argentine to her nostrils, and she shall be soon delivered, or else Polipody & stamp it,

it, and lay that on the womans foot in manner of a Plaister, and she shall be delivered quick or dead, or else give her Savory with hot Water, and she shall be delivered.

Against Surfeiting and digesting.

Take the bottome of a wheat loaf, and toast it at the fire, till it be very browne and hard, and then take a good quantity of *Aqua vitæ*, and put upon the same toasted, and put it in a single linnen cloth, and lay it at the breast of the Patient all night, and with the help of God he shall recover, and he shall vomit or purge soon after.

A water to comfort weak Eyes, and to preserve the sight.

Take a gallon and a half of old wheat, fair and clean picked from all manner of soyle, and then still it in an ordinary Still with a soft fire, and the water that comes of it must be put in a glass, then take half a pound of white Sugar-candy, and bruise it in a morter to pouder, and

after

after three dayes, when the water hath been in a glass, then put in the poudered Candy, then take an ounce of *Lapis Tutiæ* prepared, and put it into the glass to the rest of the stuffe, then take a ounce of Camphir, and break it between your fingers small, and put it into the glass, then stop the glass close, and the longer it stands, the better it will be.

For tender Eyes, or for Children.

Take a little piece of white Sugar-candy as much as a Chesnut, and put it into three or four spoonfuls of white wine to steep, then take it out again and dry it, and when it is dry, bruise it in a clean Mortar that tastes of no spice, then put it upon a white Paper, and so hold it to the fire that it may be through dry, and then searce it through a little sieve.

For hot eyes and red.

Take slugs, such as when you touch them will turn like the pummel of swords, and ten or sixteen, shake

make them first in a clean cloth, and then in another, and not wash them then stamp them, and put three or four spoonfuls of Ale to them, and strain it through a dry cloath, and give it the party morning and evening, first and last.

For Corns.

Take fair water half a pint, Mercury sublimate a pennyworth, Allum as much as a bean, boil all these together in a glass Still, till a spoonful be wasted, and always warm it when you use it, this water is also good for any Itch, Tetter, Ringworm or wart.

A Searcloth, for a Sore, or Sprain, or any Swelling.

Take Vervain seven ounces, of Sives seven ounces, of Camphire three drachms, of oyl of Roses ten ounces, let the Wax and the Oil boil till the Wax be melted, then put in your Sives finely beaten, stirring it on the fire till it look brown; then put in the Camphire finely beaten and

and let it boil two or three walme
and then dip in your cloaths.

A Poultesse for a Swelling.

Take a good handful of Viole
leaves, and as much Grundsell o
Chickweed and Mallowes, half
handful, cut all these with a knife
and so seeth them well in Conduit
water, and thicken it with Barl
meal, being finely sifted, and so rou
it sure, and lay it to the swelled place
and shift it twice a day.

To make a strong water good for
Canker, or any old Sore, or to ta
any lump of flesh that groweth.

Take of Calendine a handful; o
red Sage a handful, and of Wood
bind leaves a handful; shred all thes
together very small, and keep them
in a quart of white Wine, and a pin
of water; letting it stand all nigh
and on the morrow strain it, and
put therein of Borax, and Camphi
of each nine penniwoith, and o

Mer

Mercury four penniworth, and set them on a soft fire, boiling softly for the space of an hour, and when you will use it, warm a little of it, dip in a cloth, and lay it on the sore, or dip in it any Cotton.

To heal any bruise, Sore, or Swelling.

Take two pound of Wax, and two pound of Rosin, and two pound and a half of butter, and four spoonfuls of Flower, and two good spoonfuls of *Honey*, put in your Wax, Rosin, and your butter altogether, boil all these together and clarifie it, then put in two ounces of Carmeluck, and when it hath thus boiled a quarter of an hour, put a little water in a dish, and put it in, and let it stand till it be cold, and when you will use it, you may melt it on a soft fire, and put in your cloathes, and take Searecloath, & you may spread it Plaister-wise to heal any wound.

A Medicine

A Medicine for any wound old or n

Take a pint of Sallade Oyl, a four ounces of Bees Wax, and t ounces of Stone pitch, and t ounces of Rosin, and two ounces *Venice* Turpentine, and one penn worth of Frankincense, and a han ful of Rosemary tops, and a han full of Turson leaves, and a hand full of Plantain leaves, these hea must be stamped, and the juyce them put to the things aforesaid, a let them boil together about a qua ter of an hour, or there abouts, t being done, put it into an earthe pot, and when it is cold you may u it as you have occasion, and keep two year; a most excellent Medicin

A Medicine for a Wen.

Take black Sope and unquenc Lime, of each alike quantity, be them very small together, and spre it on a woolen cloath, and lay it o the Wen, and it will consume it a way.

r breaking out of Childrens heads.

Take of white Wine, and sweet utter al ke, and boil them together ll it come to a Salve, and so annoms e head therewith.

For to mundifie, and gently to cleanse Ulcers and bred new flesh.

Take Rosin eight ounces, *Colo-onia* four ounces, *Era & Oliva*, a one pound, *Adypis Ovyni*, *Gum-imoniaci Opoponaci*, *ana* one ounce ne *Eruginis aeris*, boil your Wax, *Colophoni*, and Rosin, with the Oyl gether, then strain the Gums, be-g first dissolved in Vinegar, and oil it with a gently fire, then take it f, and put in your *Verdigrece*, and ne pouder, and use it according to art.

A Fomentation.

Take the liquor wherein Nears-eet have been boiled, with Butter, nd new Milk, and use in manner f a Fomentation.

For the Falling sickness, or Convulsions.

Take the dung of a Peacock, make it into pouder, and give so much of it to the Patient, as will lie upon a shilling, in Succory-water, fasting.

For a Tetter, proceeding of a Sea humour in the Breast and Paps.

Annoint the sore place with Tanners Owse.

For the Bloody Flux.

Take the bone of a Gammon of Bacon, and set it up on end in the middle of a Charcoal fire, and let it burn till it look like Chalk, and that it will burn no longer, then pouder it, and give the pouder thereof unto the sick.

A Plaister for all manner of Bruises.

Take one pound of made Wax & a quartern of Pitch, half a quartern of Galbanum, and one pound of sheep tallow, shred them and seeth them softly, and put them to a little

white Wine, or good Vinegar, and take of Frankincense, and *Mastick*, of each half an ounce in pouder, and put it to, and boil them altogether, and still them till it be well relented and spread this salve upon a mighty Canvas that will over-spread the sore, and lay it thereon hot till it be whole.

To make Bos Unguentorum.

Take Rosin, Petrosin, and half a pound of Virgins wax, Frankincense a quarter of a pound, of *Mastick* half an ounce, of Sheeps tallow a quarter of a pound, of Camphire two drachms, melt that that is to melt, and pouder that that is to pouder, and boil it over the fire, and strain it through a cloth into a pottle of white Wine, and boil it altogether, and then let it cool a little, and then put thereto a quartern of Turpentine, and stir all well together till it be cold, and keep it well. This Ointment is good for sores old or new,

it suffereth no corruption in the Wound, nor no evil flesh to be gendered in it, and it is good for headach, and for all manner of Impostumes in the head, and for wind in the brain, and for impostumes in the body, and for boiling ears and cheeks, and for sauce flegme in the face, and for sinews that be knit, or stiffe, or sprung with travail; it doth draw out a Thorn, or Iron, in what place soever it be, and it is good for biting or stinging of venemous beasts, it rotteth and healeth all manner of Botches without, and it is good for a Fester, and a Canker & *Noli me Tangere*, and it draweth out all manner of aking of the Liver, and of the spleen, and of the Mervil, and it is good for aking and swelling of many members, and for all members, and it ceaseth the Flux of Menstrua, and of Emeroids, and it is a special thing to make a fume cloth to heal all manner of sores and it searcheth farthest inward of any

Ointment.

An Oinment for all sorts of Aches.

Take *Betony*, Cammomile, Celendine, Rosemary, and Rue, of each of them a handful, wash the Herbs, and press out the water, and then chop or stamp them very small, and then take fresh butter unwashed and unsalted a quart, and seeth it untill half be wasted, and clarified, then scum it clean, & put in of oil Olives one ounce, a piece of Vergins Wax, for to harden the oinement in the Summer time, and if you make it in the Winter, put into your Oinment a little quantity of foot-sene instead of the Virgins Wax.

An excellent Sirrup to Purge.

Take of *Sena Alexandrina* one pound, Polipodium of the Oak four ounces, Sarsaparilla two ounces, Damask Prunes four ounces, Ginger seven drachms, Annise seeds one ounce, Cummin seed half an ounce,

Carraway ſeeds half an ounce, Cinnamon ten drachms, *Ariſtolochia rotunda*, *Peonia*, of each five drachms Rubarb one ounce, Agarick ſix drachms, Tamariſk two handfuls, boil all theſe in a gallon of fair water unto a pottle, and when the liquor is boiled half away, ſtrain it forth, and then put in your Rubarb and Agarick in a clean thin handkercher, and tye it up cloſe, and put into the ſaid liquor, and then put in two pound of fine Sugar, and boil it to the height of a ſirrup, and take of it the quantity of ſix ſpoonfuls, or more or leſs, as you find it worketh in you.

To make drink for all kind of Surfeits.

Take a quart of *Aqua*, or ſmall *Aqua vitæ*, and put in that a good handful of Cowſlip flowers, Sage flowers a good handful, and of Roſemary flowers a handful, ſweet Marjoram a little, Pellitory of the wall

wall a little, Betony, and Balm of each a pretty handful, Cinnamon half an ounce, Nutmegs a quarter of an ounce, Fennel-seed, Annise-seed, Coriander-seed, Caraway-seed, Cummel-seed, Juniper-berries of each a drachm; bruise your spices and Seeds, and put them into your *aqua*, or *Aqua vitæ*, with your herbs together, and put to that three quarters of a pound of very fine Sugar, stir them together and put them in a glasse, and let it stand nine dayes in the Sun, and let it be stirred every day, it is to be made in *May*, steeped in a wide mouthed glass, and strained out into a narrow mouthed glass.

A medicine for the Reins of the Back.

Take Housleek, and stamp and strain it, then dip a fine linnen cloth into it, and lay it to the Reins of the back, and that will heal it.

A Medicine for the Ach in the Back.

Take Egrimony, and Mugwort both leaves and roots, and stamp it

with old Bores greaſe, and temp
it with Honey and Tyſell, and l
it to the back.

For a Stitch.

Take Roſes, and Cammomill,
each a handful, and oyl of Roſes
oyl of Cammomill, of both togeth
a faucer full, and a quantity of Ba
ly flowers, boil all theſe together
Milk, and then take a linnen ba
and put it therein, and lay the pla
ſter as hot as may be ſuffered wh
the ſtitch is.

*To make a Salve for wounds that
cankered and do burn.*

Take the Juyce of Smallage,
Morrel, of Waberd, of each a lit
then take the white of Eggs, an
mingle them together, and put them
to a little Wheat-flower, and ſtir
them together till it be thick, but le
it come near no fire but all cold, le
it be laid on raw to the ſore, and
ſhall cleanſe the wound.

A Medicine for Bone-ach.

Take Brook-lime and Smallage
and

nd Daisies, with fresh Sheeps tal-
w, and fry them together, & make
hereof a plaister, and lay it to the
ore hot.

For Sinews that are shrunk.

Take young Swallows out of the,
est a dozen or sixteen, and Rose-
nary, Lavender, and rotten Straw-
erry leaves, strings and all, of each
handful, after the quantity of the
wallows, the feathers, guts and all,
ray them in a morter, and fry all
hem together with *May* Butter, not
oo much, then put it into an earthen
ot, and stop it close nine dayes,
hen fry it again with *May* Butter,
nd fry it well, and strain it well
hen you shall use it, chase it against
he fire.

A water for the biting of a mad Dog.

Take Scabios, Mathin, Yar-
ough, Nightshade, wild Sage, the
eaves of white Lillies, of each a like
uantity, and still them in a com-
on Still, and give the quantity of

three or four spoonfuls of the Water mingled with half a handful of Triacle, to any man or beast that is bitten, within there dayes after the biting, and for lack of the water take the juyces of these Hearbs mingled with Triacle, it will keep the sore from rankling take Dittany Egrimony, and rusty Bacon, and beat them fine together, and lay it unto the wound, and it will keep it from ranking.

A proved Medicine for any one that have an Ague in their Breast.

Take the Patients own water, or any others that is very young, and set it on the fire, put therein a good handful of Rosemary, and let it boil, then take two red cloaths, and dip them in the water, then nip it heard, and lay it on the Breast as hot as it may be endured, and apply it till you see the Breast asswaged, then keep it very warm.

To kill a Fellon.

Take red Sope, white Sope, and bruise

bruise them, and lay it to the Fellon, and that will kill it.

To break a Fellon.

Take the grounds of Ale, and as much Vinegar, the crums of leavened bread, and a little Honey and boil them altogether, till they be thick, and lay that hot to the joynt where the Fellon is, and that will heal it.

Doctor Stevens Soveraign Water.

Take a gallon of good Gascoign Wine, then take Ginger, Galingal, Cancel, Nutmeg, Grains, Cloves, Anniseseeds, Carraway-seeds, of each a drachm, then take Sage, Mint red Roses, Thyme, Pellitory, Rosemary, wild Thyme, Cammomile, Lavender, of each one handful, then bray both spices and hearbs, and put them all into the Wine, and let them stand for twelve houres, divers times stirring them, then still that in a Limbeck, but keep that which you still first by it self, for that is the best

but the other is good alſo, but not ſo good as the firſt.

The Virtues of this water are theſe, It comforteth the Spirits Vital, and helpeth the inward diſeaſes which come of cold, and the ſhaking of the Plaiſie, it cureth the contraction of Sinews, and helpeth the conception of Women that be barren, it killeth worms in the body, it cureth the cold Cough, it helpeth the tooth-ach, it comforteth the ſtomack, it cureth the cold dropſie, it helpeth the Stone, it cureth ſhortly the ſtinking breath, and who ſo uſeth this water enough, but not too much, it preſerveth him in good living, making him young.

Doctor Willoughbies *Water.*

Take Galingal, Cloves, Cubebs, Ginger, Melilot, Cardamome, Mace, Nutmegs, of a each a drachm, and of the juyce of Celendine half a pint, and mingle all theſe made in pouder with the ſaid juyce, and with

a pint

pint of good *Aqua vitæ*, and three pints of good white Wine, and put all these together in a Still of glass, and let it stand so all night, and on the morrow still it with an easie fire as may be.

The Vertues of this secret nature, it dissolveth the swelling of the Lungs without any grievance, and the same Lungs being wounded or pierced it helpeth and comforteth, and it suffereth not the bloud to putrifie, he shall never need to be let bloud that drinketh this Water, and it suffers not the heart to be burnt, nor melancholy or flegm to have dominion above nature, it also expelleth the Rheum, and purifieth the stomack, it preserveth the visage or memory, and destroyeth the Palsie, and if this water be given to a man or woman labouring towards death, one spoonful relieveth. In the Summer time use once a week fasting the quantity of one spoonful, and in Winter two spoonfuls.

A Medicine

A Medicine for them that have pain after their child bed

Take Tar, and fresh Barrow grease, and boil it together, the tar Pidgeons dung, and fry it in fresh grease, and put it in a bag.

For the drink: Take a pint of Malmsey, and boil it, and put Bay-berries and Sugar in it, and Bay-berries must be of the whitest, and put therein some Sanders.

Take some fair water, and set it over the fire, and put some ground Malt in it, when they use these things they must keep their bed.

For the running of the Reins

Take *Venice* Turpentine rould in Sugar and Rose-water, swallow it in pretty rouls, and put a piece of Scarlet warm to your back.

For Codds that be swollen.

Stamp Rue and lay thereto.

To draw an Arrow head, or other Iron out of a Wound.

Take the juyce of *Valerian*, in the which

which you shall wet a Tent, and put into the wound, and lay the same Herb stamped open it, then your band or binding as appertaineth, and by this means you shall draw out the Iron, and after heal the wound as it requireth.

A Plaister for a green Wound.

Take flower and milk, and seeth them together till it be thick, then take the white of an Egg and beat them together, and lay it to the wound, and that will keep it from rankling.

For a Lask.

Take an Egg and *Aqua vitæ*, and boil it with the Egg till it be dry: then take Cinnamon and Sugar and eat with the Egg.

For him that hath a bunch or knot in his head, or that hath his head swollen with a fall.

Take one ounce of bay Salt, raw Honey three ounces, Turpentine two ounces, intermingle all this well upon

upon the fire, then lay it abroad u
on a linnen cloth, and thereof ma
a plaister, the which you shall lay h
to the head, and it will altogether a
swage the swelling, and heal it pe
fectly.

Against the biting of any venem
Beast.

As soon as the person feeleth him
self bit with any venemous Beast, o
at least, so soon as it is possible, l
him take green leaves of Fig-tre
and press the Milk of them three o
four times into the wound: And fo
this also serveth Mustard-seed mi
gled with Vinegar.

A perfect Remedy for him that is sor
wounded with any Sword or Staffe.

Take *Taxus Barbatus*, and stam
it, and take the juyce of it, and if th
Wound bleed, wipe it, and make i
clean, washing it with white Win
or Water, then lay the said juyce up
on the wound, and the hearb where

of

you take the ju ce. upon it, then ake your ba d, a d let it abide on whole day. and you shall see a onderful effect.

A Bag to smell unto for Melancholy, or cause one to sleep.

Take dry Rose leaves, keep them ose in a gla s which will keep them eet, then take pouder of Mi ts ouder of Cloves in a grosse pouder, nd put the same to the Rose leaves, en put all these together in a bag, nd take that to bed with you, and it ll cause you to sleep, and it l. good smell unto at other times.

For spitting of Blood.

Take the juyce of Betrony tem- red with Goats Milk, and drink er ot three or four mornings to- her.

An Oinment for all Sores, Cuts, swellings, and heat.

Take a good quantity of Smal- ge, and Mallowes, and put thereto o pound of Bores grease, one pound

pound of Butter, and oil of N
foot a quantity, ſtamp them wel
gether, then fry them, and ſt
them into an earthen pot, and
it to your uſe.

A Salve for a new Hurt

Take the Whiteſt Virgi s w
c n get, and melt it in a pan, then
in a quantity of Butter and He
and ſeeth them together, then ſt
them in a diſh of fair water,
work it in your hands, and mak
in a round B ll, and ſo keep it.
when you will uſe it, work ſome
it beween your hands, and ſtrik
upon a clo h, and lay it upon
ſore, and it will draw and heal it

Againſt the biting of a mad Dog, and the rage or madneſs that follows a man after he is bitten.

Take the bl ſſ me of ſ we
wild Thiſtels dryed in the ſhade
beaten to pouder, give him to d
of that pouder in white Wine hal

Wal

allnut shell full, and in thrice ta-
g it he shal be healed.

gainst the grief in the Lungs, and spiting of blood.

Take the Hearb called of the A-
checary *Ungula Caballina*, in Eng-
h Colts-foot, incorporated well
th the lard of a Hog chopped, and
ew laid Egg, boil it together in a
n, and give it to the Patient, to eat
ing this nine mornings, you shall
a marvellous thing, this is also
od to make a man fat.

gainst spining of Blood by reason of me Vein broken in the Breast.

Take Mise dung beaten into pou-
r, as much as will lie upon a groat,
d put it in half a glass ful of the
ce of Plantane with a little Sugar
d so give the Patient to drink
ereof in the morning before break-
st, and at night before he go to
d, continuing the same, it will
ake him whole and sound.

For

For to cleanse the head.

Take Pellitory of *Spaine*, and c
the roots three dayes, a good qua
ty, and it will purge the head, and
away the Ach, and f ſten the teet
the gums.

A good Remedie against the Plu

Open a white loaf in the mi
new baked, and ſpread it well w
Triacle on both the halfes on
crown ſide, and heat it at the f
then lay one of the halfs on he p
of the diſeaſe, and the other half
the other ſide of the body direc
againſt it, and ſo bind them
they looſe not, nor ſtir, leaving th
ſo, a day and a night, or until
Impoſthume break, which I h
ſometimes ſeen in two hours
leſſe, then take away the bread, a
immediately the Patient will beg
to ſpit and void the putrefaction
the Impoſthume, and after he h
ſleep all they ſhall give him m
and with the help of God he ſh
ſhortly heal.

F

or a Pin, or Web in the Eye.

Take two or three Lice out of
head, and put them alive into
Eye that is grieved and ſo cloſe it
and moſt aſſuredly the Lice will
out the Web in the Eye, and will
it, and come forth without any
.

emedy to be uſed in a fit of the Stone when the water ſtops.

Take the freſh ſhels of Snails, the
eſt will look a reddiſh colour
e beſt, take out the ſnails, and
the ſhels with a moderate heat
n oven after the bread is drawn,
wiſe take Bees, and dry them ſo,
beat them ſeverally into pouder,
take twice ſo much of the Bees
der as the ſnails, and mix them
together, keep it cloſe covered
glaſſe, and when you uſe it, take
much of this pouder as will lie
n a ſixpence, and put it into a
ter of a pint of the diſtilled wa-
of Bean-flowers, and drink it faſ-

ſting

ſting or upon an empty ſtom
and eat nor drink nothing, for
or three hours after.

This is good to cauſe the pa
make urin, and bring away the
vell or ſtone that cauſeth the
ping, and hath done very m
good.

A Sirrup for the pain in the Sto

Take two good handfuls of yo
Rue, boil it in a quart of good
Wine Vinegar till it be half co
med, ſo ſoon as it is through
ſtrain it, and put to every pi
the liquor a pound and a quarte
loaf-Sugar, and boil it till it co
to a Sirrup, when you uſe it, ta
good ſpoonful of this in the m
ing faſting, and eat nor drink
thing for two or three hours afte
is good for pain in the ſtomack
proceeds of windy vapours, a
excellent good for the *Lungs*
obſtructions of the *Breaſt*.

Receipts for bruises, approved by the Lady of Arundel.

Take black Jet, beat it to pouder, let the Patient drink it every morning in beer till it be well.

Another for the same.

Take the sprigs of Oak trees, and them in a paper roast them, and k them, and drink as much of pouder as will lie upon a sixpence y morning until the Patient be

To cause easie labour.

Take ten or twelve dayes before looking, six ounces of brown gar-candy beaten to pouder, a rter of a pound of Raisins of the stoned, two ounces of Dates stoned sliced, half an ounce of anise-seeds bruised, a quarter of ounce of Cawslip flowers, one chm of Rosemary flowers, put e in a fine lawn bag with a stone e, that it may sink into a pottle hite Wine, let it steep four and twenty

twenty hours, and after take [illegible] in the morning, and at four in [illegible] afternoon, and in the evening, [illegible] quantity of a wine glass full.

A Cordial for the Sea.

Take one ounce of syrupe [illegible] Clove-gilliflowers, one drachm [illegible] *Confection Alchermes*, one ounce [illegible] a half of Borrage water, and the [illegible] of Mint-water, one ounce of [illegible] *Mountfords* water, and as much [illegible] Cinnamon water, temper all [illegible] together in a Cordial, and take [illegible] spoonful at a time when you are [illegible] Sea.

A Plaister to strengthen the Back.

Take eight yolks of Eggs [illegible] laid, one ounce of Frankincense [illegible] beaten into fine powder, mix [illegible] them well together, put in as much [illegible] Barly-flower as will make it [illegible] for a Plaister, spread it on leather [illegible] lay it to the small of the back, [illegible] ing it lie nine hours, use [illegible] plaisters one after another, [illegible]

ust slit the Plaister in the midst, so it may not lie on the back bone.

present remedy for a Woman with child that hath taken harm by fall, or fright, or any mischance.

To stay the Child, and strengthen take one ounce of Pickerel jawes e beaten and searced, of Dates nes, and *Bole armoniack*, of each e ounce, of *Sanguis Draconis*, half ounce, give of these, being well rced and mingled together, a ench Crown weight in *Muska-* e or *Malmsey*, and let the Woman pher very warm.

For a weak Back.

Take of red Lead half a pound, of ite Lead half a pound, boil these three pints of Sallade oil in a pip-, stirring them continually with ice of Iron, until it be of a gray our, then roul it up in rouls, and p it for your use.

Oyl of Saint Johns-Wort.

Take a quart of Sallade oil, thereto a quart of the flowers of Johns-Wort, well picked, let them therein all the year, till the seeds ripe, the glasse muſt be kept wa either in the Sun or in water all Summer untill the ſeeds be then put a quarter of Saint Wort ſeeds whole, and ſo let k twelve hours, then you muſt the oil eight hours, the glaſs b kept open, and the water in the juſt as high as the oil is of heig the glaſs, then when it is cold ſt it, that the ſeeds may not remain the oil, and then put up the oil your uſe.

A green Salve for an old Sore.

Take a handful of Ground as much Houſleek, of Mari leaves a handful, pick and wipe t Hearbs clean, but waſh them then beat all theſe hearbs in a wo den bo al as ſmall as is poſſible, t ſtrain out all the juyce, and put

qu

antity of Hogs greaſe, as much as
o Eggs, beat all theſe together a-
in, then put in the juyce again,
d put in ten Eggs, yolks and
ites, five ſpoonfuls of Engliſh
oney, and as much wheat flower
will make all this as thick as a
re, and ſo ſtir it very well toge-
r, and put it cloſe up in a pot that
ke no air, and ſo keep it for your

A moſt excellent Pouder for the Collick and Stone.

You muſt take it morning and
ning before you go to bed,
rma Cæti one ounce and a half,
oves and *Mace* one quarter of an
nce, Anniſe-ſeeds, and *Perſone*,
each two ounces, Cinnamon, and
all Pepper of each one quarter of
ounce, Date ſtones a quarter of
ounce, Liquorice, Fennel, red
ge, Bay-berries, of each three
arters of an ounce, Acornes one
arter and half of an ounce, Lilly
s two drachms, the white of

Oyster shels burned in the fire
quarter of an ounce, beat all t
fine fine powder, and drink as m
thereof in Ale or Beer as will lie
a fixpence, and fast one hour or
after it: If the party be sore gr
take one handful of Parsly, and
it in Ale till half be sod away,
twenty or thirty Prunes th
strained, and put thereto two sp
fuls of this pouder, and drin
mornings and evenings fom
warm.

A present Remedy for the run
of the Reins.

Take an ounce of Nutmegs,
an ounce of Mastick, then slice
Nutmegs, and put them in fre
Rose Vinegar all one night,
lay them in a dish to dry before
fire, then take the Mastick and
in Papers, and beat it with a h
mer very small, and put a little C
ral well beaten unto it, and as m
Ambergrice, then mingle t
thi

ings together with Sugar & make
pleasant to eat, and so take a good
antity morning and evening.

A salve for a green wound.

Take two handfuls of water-Dit-
y, two handfuls of Rosemary
ed very small, a quarter of a pint
Turpentine, half a pound of yel-
Wax, a quart of Sallade oil, half
int of white Wine, boil all these
ether while the white Wine be
ce consumed, then it will be green
d come to the height of a Salve.

approved Medicine for a burning or
scalding by lightning or otherwise.

Take Hogs grease, or Sheeps trea-
, and Alehoof, beat these very
l together, then take more Hogs
ase, and boil it to a Salve.

To use it.

Anoint the place grieved with this
ntment, and then lay upon the
so annointed Colewort leaves,

which must be boiled very soft
water, and the strings made sm
with beating them with a Pestle.

A Pouder for the green Sick
approved with very good s
upon many.

Take of Cloves, Mace, Nutm
of each one quarter of an ounce,
them severally, and then altoge
very well, fine sugar very small
en, one quarter of a pound, and
mix and beat them all four toge
Pear the sixt part of half an o
finely beaten, mingle it with the
and beat them altogether again,
filing of Steel or Iron an ounce
a quarter, filt is very fine, & m
it with the rest, but if so sm
quantity will not serve, adde a q
der more of the mettal, let it be
before you weigh it, but if all
will not serve the turn, put in a l
Rubarb, or a little Aloes Cacatrin

The manner of using this Powder.

In the morning when you arise, take
lf a spoonful of it, as much at four
clock in the afternoon, & as much
hen you go to bed, walk or stir
ch after the first taking of it, I
an every morning and evening
t one hour after the taking of it,
more, and then eat some Sugar,
s or thin broth.

The Patients Diet.

She must forbear Oatmeal in
th or in any thing, Cheese,
ge, Custards, or any stopping
at: take care that this be not gi
to any Woman that hath conceiv
d or is with Child.

A drink to stanch blood inwardly.

Take the juyce of one handful of
epheards-purse, of Parsley, and
e-finger, of each as much, take
e slips of Egrimony, strain all
se juyces into the milk of a red
w, and drink thereof early and
e warm.

A Powder to keep the Teeth cle[illegible] and from worm eaten.

Take Rosmary burned to as[illegible] Cuttles bone, Harts horn burn[illegible] to powder, *Sal Gemmæ* twelve-pe[illegible] weight, the flowers of Pomegran[illegible] white Coral, of each a six-pe[illegible] weight, make all these in powder [illegible] with a little Rose-water, and a S[illegible] leaf rub the Teeth.

A Salve to heal all manner of [illegible] and cuts.

Take one pint of Turpentine, [illegible] pint of oil Olive, a quarter of a [illegible] of running water, nine branches [illegible] Rosemary, one ounce of unwrou[illegible] Wax, two ounces of Rosat, seeth [illegible] these together in a little pan over [illegible] fire, let it seeth untill there ari[illegible] little white scum upon it, then st[illegible] with a stick, suffering it to boil un[illegible] one quarter be consumed, then t[illegible] it from the fire, strain it throu[illegible] a course cloth, but it must be do[illegible] quickly after it betaken from the f[illegible] for cooling, after you have stra[illegible]

into an earthen pot, let it cool, and
eep it for your use.

make Oil of Sage, good for the grief in any joyns, or for any ach.

Take Sage and Parsly, seeth them the oil Olive, till it be thick and een.

A Medicine to purge and amend the Heart, Stomach, Spleen, Liver, Lungs and Brain.

Take Alexander, Water cresses, ung Mallowes, Borrage, and Fen- l roots pared, Mercury, Harts- ngue, and Clare, and make of ese Pottage.

To drive infectious diseases from the heart.

Take Mithridate, and Century, each two ounces, eight spoonfuls Dragon Water, one pint of white ine, seven spoonfuls of *Aqua vitæ*, oil altogether a little, strain it, en set it on the fire again a little ile, and drink of it morning and ening.

For the Tooth-ach.

Take Pepper and Grains, of t one ounce, bruise them, and co pound them with the water of diseased, & make it of a good thi nes, and lay it outward on cheek against the place grieved, it will help it for ever after.

Another.

Take dryed Sage, make pou of it, burnt Allum, Bay Salt dry make all in fine pouder, and lay it the tooth where the pain is, and rub the gums with it.

For the Strangallion or the Ston

Take the inner rind of a you ash, between two or three years growth, dry it to pouder, and dr of it as much at once, as will lie o sixpence in Ale or white Wine, a it will bring present remedy: t party must be kept warm two hou after it.

For the Stone.

Take the stone that groweth wi in the gall of an Oxe, grate it, a drin

ink of it in white Wine, as much
will lie upon a sixpence at once,
r want of white Wine make a pos-
t of Ale, and clarifie the Ale from
e curd, then boil one handfull of
ellitory therein, and drink of the
ouder with it.

For the black jaundies.

Take earth-Wormes, wash them
white Wine, then dry them, and
ake them into pouder, and put to a
tle Saffron, and drink it in beer.

A drawing Salve for an old Sore.

Take Rosin half a pound beaten
pouder, sheeps tallow a quarter
a pound, melt them together,
nd pour them into a Bason of wa-
r, and when they begin to cool a
tle, work them well with your
ands in the water, and out of the
ater, drawing it up and down the
ace of one hour till it be very
hite, then make it up in rouls, and
eserve it, to strike thin Plaisters up-
n old Sores.

A Water to wash Sore withal.

Take Wormwood, Sage, Plant
leaves, of each one handful, Alu
two ounces, Honey two saucers fu
boil all these together in three pi
of water till half be consumed, th
strain it, and reserve that liquor
wash the sore withal.

A Medicine to cure the Gargi
the throat.

Take a pint of *May* Butter, a
put it on the fire in a posnet, and p
into it of the inner bark of Elder o
good handful, & some Dittie root
seeth it to half the quantity, a
strain it, & so keep it cool, take th
ointment and annoint you throa
then take the ointment, and strike
long plaister with it very thick of t
ointment, then strike upon the oi
ment the best Jane triacle, and u
on that strew grosse pepper ve
thick, strike it on with a knife, warm
the plaister, and bind it round you
throat to your ears, renew it once
day

ay with the ointment, and the Tri-
cle, and pepper, and lay it on again,
close you use this ointment, rowle
our mouth and throat with the
ouder of Roach Allum burned mixt
with the pouder of Madder or
epper.

For the Hearing.

Take an Onion, take the core out
it, fill it with pepper, stick it in the
dst, being first wraped in paper
d roasted in the embers, lay it to
chear.

For a dead Child in a Womans Body.

Take the juyce of Hyssop, temper
in warm water, and give it the
oman to drink

*For a Woman that hath her Flowers
too much.*

Take a Hares foot, and burn it,
ke pouder of it, and let her drink
with stale Ale.

A Medicine for the Gout.

Take Tetterry roots, and wash
d scrape them clean, and slice
them

them thin, then take the greaſe of a Barrow hog, the quantity of either alike, then take an earthen pot, then lay a lane of greaſe in the bottome, then a lane of roots, then the greaſe again, and ſo roots and greaſe till the pot be full, then ſtop the pot very cloſe, & ſet it in a dunghill one & twenty dayes, then beat it altogether in a bowl, then boil it a good while, then ſtrain it, and put in a pennyworth of *Aqua vitæ*, then annoint the place grieved very warm againſt the fire.

A Diet drink for the running Gout, ach in the joynts, and for all infections.

Set ſeven quarts of water on the fire, and when it boileth, put therein four ounces of *Saraparilla* bruiſed, and let it boil two hours very ſoftly, cloſe ſtopped or covered, then put in four ounces of Sene, three ounces of Liquorice bruiſed, *Stœcados*, *Hermodactil*, *Epithymum*, and of Cammomil flowers, of every one half an

ounce

ounce, and so boil all these two hours very softly, then strain it, and keep it in a close vessel close stopped, when it is cold, then boil again all the aforesaid ingredients in seven quarts of water four hours, with a soft fire close covered, then strain it and keep it as the other by it self, & take of the first a good draught one hour before you arise in the morning, and a draught at the beginning of dinner, and another at supper, and going to bed, and at all other times, drink of the latter when you list, and eat no meat but dry roasted Mutton, Capon, Rabbet, without Salt, and not basted, but to your breakfast, a poached Egg, no bread, but Bisket, or dyer crust, and at night Raisins of the Sun, and bisket bread, drink no other drink but this.

A Plaister to heal any Sore.

Take of Sage, Hearb-grace, of each a like quantity, Ribwort, Plan-

tain

tain, and Daisie roots, more than half so much of each of them, with Wax, fresh grease, and rosin, make it a Salve, if the flesh grow proud then put alwayes upon the plaister, before you lay it to the sore, burnt Allum, and it will correct the flesh.

To cause a Woman to have her sickness.

Take Egrimony, Motherwort, Avens and Parsly, shred them small with oatmeal, make portage of them with pork, let her eat the Portage, but not the Pork.

For the Stone.

Take the green weed of the Sea, which is brought with Oysters, wash it, and dry it to powder, drink it with Malmsey fasting.

To kill Wormes.

Take Aloe succarina two ounces, let it stand in a quart of Malmsey eight hours, drink it morning and evening.

For

For a hot Rheum in the Head.

Take Rose water, Vinegar, and all-heal oil, mix them well together, and lay it to the head warm.

For a Lask.

Take the nether jaw of a Pike, beat it to pouder and drink it.

For an Itch or any scurf of the body.

Take Elecampane roots or leaves, stamp them, and fry them with fresh Grease, strain it into a dish, and anoint the Patient.

For one that is bruised with a fall.

Take Horse dung, and Sheeps suet, boil them together, and apply it to the same place, being laid upon a cloth.

For the Emrhoides.

Take Hops and Vinegar, fry them together, and put it into a little bag, and lay it as hot as may be endured to the Fundament, divers bags one after another, and let one continue as it.

For

For one that is burned with Gu[n]powder or otherwise.

Take one handful of Groundse[l] twelve heads of Houſleek, one ph[le]of Gooſe dung, as much Chicken dung, of the neweſt that may be go[t]ten, ſtamp the Hearbs as ſmall you can, then put the dung into a mortar, temper them tegether wi[th] a pottle of Bores greaſe, labour them together half an hour, and ſtrain through a Canvas bag with a cle[an] ſtick into an earthen pan, and uſe when need requireth, it will laſt two year.

To heal a Prick with a nail or thorn.

Take two handfuls of Celendine, as much Orpen, cut it ſmall, and boil it with oil olive, and unwrought Wax, then ſtrain it and uſe it.

To ſtop the bleeding of a cut or Wound.

Take Hop, ſtamp it, and put it into the wound, if Hop will not do

to it, then put to it Vinegar with the top.

For a Scald.

Take the leaves of ground Ivie, three handfuls, Housleek one handful; wash them and stamp them in a stone Mortar very small, and as you stamp them, put in a pint of creame by little and little, then strain it, and put it in a pot with a feather, take of this and annoint the scalded place, and then wet a linnen cloth in the same ointment, and lay it on the place, and over that roul other cloths.

An Ointment for a Tetter.

Take *Sal armoniack* one ounce, beat it into fine pouder then mix it with Sope and fresh grease, of each two ounces, make an ointment and annoint the place.

For the singing in the Head.

Take an Onion, cut out the core and fill that place with the pouder of Cummin, and the juyce of Rue, set on the top again, and roast the Onion

Onion in embers, then put away
out-side and put it in a cloth, wr
out the juyce, take black wool &
it in. put this into thine ear wh
the singing is, and if it be on b
sides, then serve one after another.

A Drink for one that is weak, & misdoubting a Consumption.

Take three handfuls of Rosem
ry, bruise it a little, and close it
paste, bake it in an Oven until it
well dryed, then cut the paste, t
take forth the Rosemary, infuse it
two quarts of Claret wine, with t
ounces of good Triacle, one oun
of Nutmegs, of Cinnamon, a
Ginger of each half an ounce br
sed, let them stand infused two nigh
and one day, then distil it in a L
beck, drink thereof one spoonful
two next your heart.

A drink for the Plague.

Take red Sage, Hearb-gras
Elder leaves, red Briar leaves,
each one handful, stamp them an
strai

rain them with a quart of white
ine, and then put to it *Aqua vitæ*
d Ginger, drink thereof every
orning one spoonful, nine morn-
gs together, & it will preserve you.

For a bruise or Stitch.

Take the kernels of Walnuts, and
all nuts, Figs, Rue, of each one
ndful, white Salt the quantity of
e Walnut, one race of Ginger,
e spoonful of Honey, beat them
l together very fine, and eat of it
ree or four times every day, make
plaister of it, and lay it to the place
lieved.

A drink for one that hath a Rupture.

Take Comfrey one good hand-
l, wild Daisie roots as much, and
e like of knotted grass, stamp all
ese together, and strain it with
almsey, and give it to the Patient
o drink morning and evening nine
ayes blood-warm: If it be a man
at hath been long so, he must lie
ine dayes upon his back, and stir
little as he can: If he be a

Child

child, he must be kept so much
ing as you may for nine days
you think the drink too strong
the child, give it him but five d
In *Malmsey*, and the rest in
Ale, have care that the party ha
good, Truss, and keep him tr
one whole year at the least.

A Plaister for a Rupture.

Take the juyce of Comfery,
Daisie-roots, and knotted grasse,
each a like quantity, fresh butter
unwrought Wax, of each a
quantity, clarifie them severally,
take of the roots of Comfery, d
and make powder of it; take the p
der of Annise-seed, and Cumm
seed, but twice as much Cumm
seed as Annise-seed, boil these p
ders in the Butter and unwrou
Wax on a soft fire a good while,
put in your juyce, let it boil a w
or two, so take it from the fire,
altogether till it be cold, take ther
and spread it, and lay it to his C
as hot as he can suffer it, and use

...he be whole: this plaister is most ...cellent for a Child that is burst at ...e Navil.

Cratiosa Cura.

A Water for a Cut or a Sore.

Take Honeysuckles the knots nipt ..., flowers of Celendine, flowers of ...l Sage, of each three spoonfuls, ...ve-finger, Comphey such as is to ...lt bones, Daisies with the roots ...reon, Ladder of Heaven, Blos...mes of Rosemary, Setwel, Hearb...ace, Smallage, red Rosis with the ...ots on, or else red Rose-cakes, ...dders-tongue, of each of these one ...ndful, seeth all together in six gal...ns of water that runneth towards ...e East, untill two gallons be sod in, ...en strain them, and put to the wa...r three quarts of *English* Honey, ...e pound of Roch Allum, one pen...worth of Madder, one penniworth ...long Pepper, seeth altogether ...till one gallon be consumed, then ...anse the water.

For

For a wind Collick.

Take the flowers of Walnuts, dry them to pouder, and take of th in your Ale or beer, or in your b as you like beſt, and it will help y

To make a Soverain Oyl of a For the numned Palſie

Take a Fox n wkilled, caſed, bowelled, then put into the body Dill, Mu wort, Cammomil, C pits, Southernwood, red Sage, C ganum, Hop, *ſtaesad*, Roſem Coſtmary, Cowſlip flowers, Ba Bettony, ſweet Marjoram, of ea good handful, chop them ſmall, put thereto of the beſt oil of Ca Dill, and Cammomil, of each ounces, mix the hearbs and oils gether, and ſtrow over them *A nium* a good handful, put them into the Fox, and ſew up his b cloſe, and with a quick fire roaſt h and the oil that droppeth out. moſt ſingular oil for all Palſies ſinnes. Approved.

To comfort the Brains and procure sleep.

Take brown bread-crums, the antity of one Walnut, one Nut-g beaten to pouder, one drachm Cinnamon put these into a Nap-, with two spoonfuls of Vinegar, r spoonfuls of Rose-water, and of womans Milk.

For the weakness in the Back

Take the pith of an Oxe back, it into a pottle of water, then h it to a quart, then take a hand-of Comfery, one handful of ted grass, one handful of Shep-ds-purse, put these into a quart ater, boil them unto a pint, with Dates boiled therein.

a Canker in any part of the Body.

Take Filberd Nut leaves, Lave-cotton, Southerwood, Worm-od, Sage, Woodbine-leaves, sweet et-leaves, of each alike quantity,

of Allum, and Honey a good q
tity, ſeeth all theſe till they be
ſodden, waſh therefore with it.

For an old Bruiſe.

Take one ſpoonful of the
of Tanſie, and as much Nip,
penniworth of *Sperma Ceti*,
into a little Ale, and drink it.

Oyle of Foxes, or Badgers, for
in the joynts, the Sciatica,
eaſes of the Sinews; and
of the Reins and Back.

Take a live Fox or Badger,
middle age, of a Full body, w
and fat, kill him, bowel and skin
ſome take not out his bowels,
onely his excrements in his
becauſe his guts have much
about them, break his bones
that you may have all the mar
this done, ſet him a boiling in
Brine, and Sea water, and ſalt
of each a pint and a half, of oil
pints, of Salt three ounces,
end of the decoction put th

cleaves of Sage, Rosemary, Dill,
rgany, Marjoram, and Juniper
rries, and when he is so sodden
at his bones and flesh do part in
nder, strain all through a strainer,
d keep it in a Vessel to make Li-
ments for the ach in the joyns,
e Sciatica, diseases of the Sinews,
d pains of the reins and back.

To make the Leaden Plaister.

Take two pound and four ounces of oil-Olive of the best, of good
d Lead one pound, white Lead one
ound well beaten to dust, twelve
nces of Spanish Sope, and in-
rporate all these well together in an
rthen pot, well glazed before
u put them to boil, and when they
e well incorporated, that the Sope
mesh upward, put it upon a
all fire of coles, continuing the
re for the space of one hour, and an
lf, still stirring it with an Iron
ll upon the end of a stick, then
ake the fire somewhat bigger, un-

till the redneſs be turned into a gray colour, but you muſt not leave ſtirring till the matter be turned into the colour of oyl, or ſomewhat darker, then drop of it upon a wooden trencher, and if it cleave not to the finger it is enough, then make it up into rouls, it will keep twenty years the older the better.

The virtue of the Plaiſter.

The ſame being laid upon the ſtomack provoketh appetite, it taketh away any grief in the ſtomach, being laid one the belly is a preſent remedy for the Chollick, and laid unto the reins of the back, it is good for the bloody Flux, running of the Reins, the heat of the Kidnies, and weakneſs of the back, the ſame healeth all ſwellings, bruſſes, and taketh away Ach, it breaks Fellons, puſhes, and other Impoſthumes and healeth them, the ſame drawes out any running humour, without breaking the skin, and being applyed to the fundament, it healeth all diſeaſes

disease there growing, being laid on the head is good for the Uvudia, it helpeth the head-ach, and is good for the eyes.

For a pricking of a Thorn.

Take fine Wheat-flower boulted, temper it with Wine, and seeth it thick, lay it hot to the Sore.

A Medicine for the Plague.

Take a pint of Malmsey, and burn it well, then take about six spoonfuls thereof, and put to the quantity of a Nutmeg of good Triacle, and so much spice grains beaten as you can take up with the tops of your two fingers, mix it together, and let the party sick drink it bloud warm, if he be infected it will procure him to cast, which if he do, give him as much more, and so still again and again, observing still some quantity till the party leave casting, and so after he will be well if he cast not at all, once taking it enough, and probably it is not the sickness, after the party hath left

casting, it is good to take a competent draught of burnt Malmsey alone with Triacle and grains, it will comfort much.

Another Medicine for the Plague.

Take of Serwel grated one roſe, of Jane Triacle two ſpoonfuls, of Wine-Vinegar three ſpoonfuls, of fair water three ſpoonfuls, make all theſe more than Luke-warm, and drink them off at once, well ſtirred together, ſweat after this ſix or ſeven hours; and it will bring forth the Plague ſore.

To break the Plague ſore.

Lay a roaſted Onion, alſo ſeeth white Lilly roſe, in milk, till it be as thick as a poultiſs, and lay it to the ſame, & theſe fall, launce the ſore, & ſo draw it and heal it with ſalves for botches, or Biles.

To make a Salve to dreſs any Wound.

Take Roſin and Wax of each half a pound, of Deer Suet, and Frankincenſe of each one quarter

of

of a pound, of Mastick in powder one ounce, boil all these in a pint of white Wine half an hour with a soft fire, and stir it in the boiling that it run not over, then take it from the fire, and put thereto half an ounce of Camphire in powder, when it is almost cold, put thereto one quarter of a pound of Turpentine; after all these be mingled together, then put it into white Wine, and wash it as you wash Butter, and then as it cools make it up in rouls.

A most excellent water for sore Eyes.

Take a quart of Spring water, set it upon the fire in an earthen Pipkin, then put into it three spoonfuls of white Salt, and one spoonful of white Coperas, then boil them a quarter of an hour, scum it as it doth boil, then strain it through a fine linnen cloath, and keep it for your use.

When you take it you must lie down

down upon the bed, and drop two drops of it in your eye, ſo reſt one quarter of an hour, not wiping your eyes, and uſe it as often as need ſhall require.

If the eye have any Pearl or Film growing upon it, then take a handful of red double Daiſie leaves, and ſtamp them and ſtrain them through a linnen cloath, and drop thereof one drop into your eye, uſing it three times.

A Plaiſter for one that is bruiſed.

Take half a pint of Sallade Oyl, or Neats-foot Oyl, half a pint of Engliſh Honey, two or three penniworth of Turpentine, a good quantity of Hogs greaſe, two or three penniworth of *Bole Armoniack*, half a pint of ſtrong Wine Vinegar, half a dozen of Eggſhels, and all beaten very ſmall, one handful of white Salt, put all theſe together into an earthen pot, and ſtir and mingle them together exceeding well, then as much Bean-flower, or

Wheat

Wheat flower as will thicken it plaister-wise, then with your hand strike it on the grieved place once a day, and by Gods help it will ease any sore that cometh by means of striking, wrinching, bruising, or other kind of swelling that proceedeth of evil humours.

Balm-water for a Surfeit.

Take two gallons of strong Ale, and one quart of Sack, take four pound of young Balm leaves, and shred them, then take one pound of Annise-seeds, and as much *Liquorice* beaten to pouder, put them all into the Ale & Sack to steep twelve hours, put it into a *Limbeck*, and so still it, it is good for a surfeit of choler for to comfort the heart, and for an Ague.

A Restorative water in sickness, the Patient being weak.

Take three pints of very good new milk, and put thereto one pint of very good red Wine, the yolks of 12 eggs, and beat them together, that

done, put in as much fine Manchet as shall suck up the Milk and Wine, then put the same into a fair Stillatory, and still it with a soaking fire, and take a spoonful of this water in your Pottage to drink, and this in one or two moneths will prevent the Consumption.

To make a Candle to prevent the Lask.

Take half a pound of unblanched Almonds, stamp them, and strain it into a quart of Ale, and set it on the fire, then take the yolks of four Eggs, and make it for a Candle, and so season it with a good quantity of Cinnamon and Sugar, and eat it every morning at breakfast.

For one that cannot make water, and to break the Stone.

Pare a Reddish-root, and slice it then, and put it into a pint of white Wine, and let it infuse six or seven hours, then strain it, and set it on the fire; and put thereto one Parsley-root, and one spoonful of

Parsley

Parsley-seed, and half a handful of Pellitory of the Wall, and seeth it until half be wasted, and give it lukewarm to drink.

The Diet against Melancholly.

Take Sene eight ounces, Rubarb six drachms, Polipody of the Oak, *Sarsaparilla*, and Madder-roots, of each four ounces, Annise-seeds, Fennel-seeds, *Epithymum*, of each one ounce, Mace, Cloves, and Nutmeg, of each two ounces, Egrimony, Scabios, and red Dock roots of each one handful, make them all small, and put into a long narrow bag or boulter, hang it in a Vessel of Ale that containeth six gallons, when it is a week old, drink it morning and evening for the space of one fortnight, keep you all that time warm, and a good Diet.

A Syrup to open the Liver.

Take Lungwort, Maidenhair, Egrimony, Scabios, of each one handful, Chamepitis, Hysop of each

each a dozen Crops, Endive, and Succory, of each three or four leaves, of young Fennel & Parsly, of each one root, one stick of Liquorice, one spoonful of Barberries clean washed, one spoonful of Anniseseeds, twenty Raisins of the Sun stoned: boil all these in a bottle of water to a quart, then strain it, and put thereto of the best Sugar one quarter of a pound, Conserve of Violets one ounce, and so boil it as long as any scum ariseth, then strain it again, and use this very warm.

For one that cannot make water.

Take the seeds of Parsley, of red Fennel, of Saxifrage, of Carraways, of the kirnel of Hip-berries, of each a like quantity, put in some pouder of Jet, mingle these, being beaten to pouder, well together, and drink it in stale Ale luke-warm.

To make Aqua Composita.

Take of Anniseseeds and Liquorice bruised, of each half a pound

pound, Thyme, and Fennel, of ach half a handful, Calamint two andfuls, Coriander, and Carraway-seeds bruised of each two ounces, Rosemary, and Sage of each half handful, infuse these a whole night in three gallons of red Wine, or strong Ale, then still it in a Limbeck with a soft fire.

An Ointment for a Swelling.

Take of Marsh Millowes, of Wormwood, of Smallage, of each one handful, boil it with one pound of the grease of a Barrow Hog untill it be very green, then strain it and keep it very close. Lady *Pawlet.*

A Plaister for the Back.

Take half a pint of Oyle of Roses, four ounces of white Lead ground into fine pouder, put your Oyl into a clean Posnet, and set on the fire, and when it is warm, put in your white Lead, ever stirring it, then put into it of your Wax one quarter, stir it untill it

be

be black, then take it from the fire, and in the cooling put thereto two pennyworth of Camphire of white Sanders, and yellow Sanders, of each the weight of fourpence, fine *Bole* and *Terra sigillata*, of each two penny weight, in fine powder all, still stirring it till it be almost cold, and so make it up in rouls: use it as need requires, for all weakness, wasting, or heat in the Kidneyes. *Cranish.*

To make Oyl of Swallows.

Take one handful of Mother-Thyme, of Lavender-cotton, and Strawberry leaves, of each alike, four Swallows, Feathers and altogether well bruised, three ounces of Sallade oyl, beat the Hearbs, and the Swallowes, feathers and altogether, until they be so small that you can see no feathers, then put in the oyl, and stir them well together, and seeth them in a Posnet, and strain them through a canvas cloath and so keep it for your use.

For Thorn, Fellon, or Prick,

Take the juyce of Fetherfew, of Mallage, of each one saucer full, put to it as much of Wheat-flower, as will make it somewhat thick, and put to it of good black Sope the quantitie of a Walnut, mingle them together and lay them to the sore.

A drink for one that hath a Rupture.

Take the Comfit, otherwise called Bonefel, a pretty handful, of Woodbitten as much, Bread, Plantans, and leaves of Cammock, somewhat more than a handful, of Vervin as much as of the Cammock, of Daisie roots a small quantity, of Elder tops, or young buds, the least quantity, stamp all these together and put unto them, being stamped one pint of pure white Wine, then strain it and drink of it morning & evening, an hour or more before breakfast or Supper, a good draught blood warm.

If

If it be a ſucking Child, let the Nurſe drink poſſet-ale of the aforeſaid drink, and let the Child ſuck immediately, if he be an old body let him take it lying in his bed nine daies, if it may be conveniently, or otherwiſe to uſe no ſtraining.

For a Lask or Flux.

Take one quart of red Wine, as much running water, one ounce of Cinnamon, ſeeth theſe half away, and give the Patient ſix ſpoonfuls to drink morning and evening, if you think it to be two harſh put in a piece of Sugar.

A Lotion water for the Canker.

Take one gallon of pure water, four handfuls of Woodbine, of Marigolds, and Teaſull, of each two handfuls, of Celendine, Rue, Sage, and Egrimony, of each one handful, boil all theſe to a quart, then ſtrain it, and put thereto two great ſpoonfuls of the beſt Engliſh Honey, and one ounce of Roach Allum

llum, boil them all again as long s any scum ariseth, then take it off, nd put it in a close bottle, and use b oud-warm when need requireth.

For the Mother.

Take three or four handfu's of erne that groweth upon a House, eth it in Renish Wine till it be ell sodden, then put it in a linnen oath, and lay it to her Navell, as ot as she may suffer it, four or five mes.

A Water for all old Sores.

Take Honeysuckles, water-Be- ny, Rosemary, Sage, Violet-leaves, der-leaves, cut them all small to- ther, and seeth them in a quart of nning water, put thereto two oonfuls of Honey, and a little lum.

For one that hath a great heat in his Temples or that cannot sleep.

Take the juyce of Housleek, and Lettice, of each one spoonful, of

Womans

womans Milk six spoonfuls, put them together, and set them upon a Chafing dish, of Coals, and put thereto a piece of Rose-cake, and lay it to your temples.

To quench or stanch your thrust.

Take one quart of running water out of the brook, seeth it, and scum it, put thereto five or six spoonfuls of Vinegar, a good quantity of Sugar and Cinnamon, three or four Cloves bruised, drink it luke-warm.

For one that hath a great heat in his hands and stomack.

Take four Eggs roast them hard, peel them, lay them in Vinegar three or four hours, then let the sick-man hold on either hand one of them, and after some space change them and take the other, and it will allay the heat.

Against all Aches especially of Womans Breast.

Take Milk and Rose-leaves, and set them on the fire, and put there-

Q

atmeal, and Oyl of Roſes, boil
n till they be thick, and lay it
under the ſore, and renew it ſo
it be alwayes hot.

For the Priſick and dry Cough.

Take the Lungs of a Fox, beat
m to pouder, take of *Liquorice*
d Suger-candy a good quantity,
mall quantity of Cummin, mix
ſe all well together, and put them
a bladder, and eat of it as often
you think good in a day.

To take away Warts.

Take Snails that have ſhels, prick
m, and with the juyce that
oweth from them, rub the Wart
ry day for the ſpace of ſeven or
he dayes, and it will deſtory them.

A perfect water for the ſight.

Take Sage, Fennil, Vervil,
rtony, Eye-bright, Pimpernell,
inquefoil, and Hearbgrace, lay
theſe in white Wine one night,
ll it in a ſtillatory of glaſſe, this
ater did reſtore the ſight of one
t was blind three years before.

To

To restore the hearing.

Take Rue, Rosemary, Sage, Ver vain, Majoram, of each one handf of Cammomil two handful, stam them, and mould them in Rye doug make thereof one loaf, bake it as o ther bread, and when it is bak break it in the midst, and as hot may be suffered, bind it to your ea and keep them warm and close co day or more, after it be taken awa forbear ye to take cold.

For a Fellon in the Joynts.

Take Rue, Featherfew, Bor grease, Leaven, Salt, Honey, six lea of Sage, shred them altogether smal then beat them together, and lay t to the sore place.

To comfort the Brains and to pr cure sleep.

Take a red Rose-cake, thr spoonfuls of white-Wine Vineg the white of one Egg, three spoon

ls of Womans Milk, set all these
n a Chafing-dish of coales, heat
em, and lay the Rosecake upon
e dish, and let them heat together,
en take one Nutmeg, and strew
on the Cake, then put it betwixt
o cloaths, and lay it to your fore-
ad as warm as you may suffer it.

A Medicine for a sore head with a Scald

Take one peck of Shoo-makers
reds, set them over the fire in a
rass pan, put water to them, and
eth them so long as any Oyl will
lse, and evermore be scumming
the Oyle, then take Plaintain,
lbwort, Housleek-leaves, ground
ye, Knotted grass, wild Borrage,
utsan, Hearb-Bennet, Smallage,
twell leaves, of every one alike
antity, and beat them in a mortar
d strain them, then take half a
nniworth of Rosin, half a penni-
orth of Allum, a little Virgins
ax, beat them and put them in-

to

to a pan, and set it over the fire, p
thereto the Hearbs and the O
let them seeth till all be melted, t
strain them into a pan, and
them till they be cold, and put
to a box for your use, when
dress your head, heat a little
saucer, annoint it every day
pul out the heirs that stand up
and with a linnen cloth wipe
the corruption.

A Salve for a green wound, or old Sore.

Take the leaves of green T
bacco two pounds, of Valerian
pound, beat them very small,
strain them, and take the j
thereof, put one pound of y
Wax, one pound of Rosin,
pound of Deer suet, boil them
gether till they be very green,
when it is cold; put to it a qu
of a pound of Turpintine, and
it for your use.

For the running of the Reins.

Approved.

Take the Rows of red Herings, dry them upon the coles till they will beat to pouder, then give it to the Patient to drink in the morning fasting, as much as will lie upon a shilling in five spoonfuls of Ale or Wine, be he never so weak.

For the burning and pricking in the Soles of the Feet.

Take half a pound of Barrowes grease, two handfuls of Mugwort chopped very small, boil it with the Barrowes grease upon a soft fire, by the space of four hours, then strain it from the Mugwort, and put it up in an earthen thing for your use, and annoint your feet as you go to bed.

A Medicine for any heat, burning, or Scalding: Approved.

Take half a pint of the best Cream you can get, and set it in a fair Posnet, upon the fire, then take two good handfuls of Daisie-roots, leaves

leaves and all, clean washed, and very finely shred, put them into the same Posnet, and boil it upon the fire, until it be a clear Ointment, then strain it through a cloath, and keep it for your use.

To make Aqua Composita *to dry for a Surfeit, or a cold Stomach, and to avoid Flegm, and hut from stomach.*

Take one handful of Rosemary, one good root of Elecampane, one handful of Hop, half a handful of Thyme, half a handful of Sage, six good crops of red Mints, and as much of Pennyroyal, half a handfull of Har-hound, six crops of Marjoram, two ounces of Liquorice well bruised, and so much of Anise-seeds, then take three gallons of strong Ale, and put all the aforesaid things Ale and Herbs, into a brass pot, then set them upon the fire, and set your Limbeck upon it, and stop it close with paste, that there come no air out, and so keep it with

so

soft fire, as other *Aqua vitæ*.

For an ach in the Joynts.

Take clarified Butter a quarter of a pound, of Commin one pound, Black Sope a quarte of a pound, one handful of Rue, sheeps-suet two ounces, Bay-salt one spoonful, bray these together, then fry them with the gall of an Oxe, spread it on a plaister, and lay it on as hot as you can, and let it lie seven dayes.

A Plaister to lay to the Head for a Reum which runneth at the eyes.

Take the pouder of Rose-leaves, Rose-water, and Bettony-water, of each a like quantity, and a little Vinegar, put your pouders into the Water and Vinegar, still them and temper them, and make them in a Plaister, and put to it a little pouder of *Teera figilatæ*.

A Water to be used with the Plaister above said for the same purpose.

Take one quart of new Milk,

two pound of green Fennel, a quar-
ter of a pound of Eye-bright, put the
Hearbs and Milk into a Stillatory,
cast half an ounce of Campha-
thereon, and with this water wa-
your eyes and temples.

For the Emeroides approved.

Take a piece of rawny cloth, bur-
it in a Frying-pan to pouder, th-
beat it in a morter as fine as maybe
fearce it, then lay it on a brown Pa-
per, and with spittle make it plaister-
wise, and lay it to the place, and ru-
it up with cloaths.

To break any sore.

Take hot bread to the quantity o-
a farthing loaf, grate it, put there-
Sallade-Oyl three or four spoonfu-
and a pint of Milk, and seeth the-
together to a good thickneſſe, spre-
it on a cloath, and lay it to the so-
instead of Sallade-Oyl, you may u-
Dear-suet.

A Bath for one sick in the Back and Limbs.

Take Mugwort, Vervain, Feather-few, Dill, Rosemary, Burnet, Time of Horehound, and white Mints, Fenkel, and Sage, of each one handful, seeth all these in four Gallons of running water, and let it seeth till one gallon be wasted, then bath your legs with it five nights together.

A Medicine for any Joynt that is numb with any Ach, approved.

Take Vervin-Wax one ounce, Verdigriece half a quarter of an ounce, Brimstone, Sope, oyl of Eggs, of Allium, of Honey, of each alike quantity, temper them altogether and lay it upon the place grieved somewhat warm.

A Medicine for a Felon of any finger.

Take as much Bay-salt as an Egg, wind it in gray paper, lay it in the imbers a quarter of an hour, then

beat it in a Mortar very fine, then take the yolk of a new laid Egg, beat it with this pouder until it be very stiffe; spread it upon a cloath, lay it upon the joynt prick'd twenty four hours, and to dress it three times.

For a Boil or Pusle

Take the yolk of a new laid Egg, a little English Honey, put it into the shell to the yolk, put in as much wheat-Meal as will make it to spread, then take one branch of Rue, and one of Fetherfesh, shred them very fine, and put it to the same Medicine, stir them very well together, spread it upon a piece of Leather, and lay it to the place grieved.

An Electuary to cause good digestion and to comfort the Stomach.

Take Serwell, and Gallingal of each three slices, Nutmegs, Ginger, and Cinnamon, of each two slices, three Bay-berries sliced fine

and

and basked; three slices of liquorice, half a spoonful of Annise-seeds clean dusted, one long Peppercut small, white Pepper six grains, as much black Pepper, beat them all into a gross powder, then put thereto two grains of Musk, one grain of Amber-grice, then take Man-water and Sugar, boil them together, and when they are come to the right perfection of thickness, put in the powders above mentioned: In the cooling with a little Conserve of Rosemary flowers; of this take the quantity of a Nutmeg, half an hour before you eat or drink at meals.

A Powder for the Rheum on sore Eyes.

Boil one pint of hop-water, made when the Hop is in the flower, till it be scalding hot, then put into it half a pound of Liquorice in very fine powder, the water being taking from the fire, for the Liquorice must not boil in the water, stir them toge-

ther till the water be clean consumed, then add to them of Anniseeds, and Fennel-seeds, of each half a pound, make them very fine powder through a fearce, Angelica roots, Elicampane roots and leaves, and flowers, of Eye-bright made into very fine powder, of each one ounce and a half, mingle these together, and to keep it close, and when you take of this powder, weigh out of the whole quantity two ounces, whereunto add as much good *Aqua vitæ* as will moisten it, or Angelica Water, or *Rosa solis*, to keep it from bringing mufty, set it near the fire, eat of this powder at any time as much as you can take up with a groat, and it is special good for the Rheum, for cold, or for sore eyes. *Mr. Bendlow.*

A Salve for any Wound.

Take Rosin, Petrosin, Wax, of each eight ounces, of Sheeps suet and Frankincense, of each four

ounc

ounces, one ounce of Mastick made in pouder, boil all these in a pint of white-Wine half an hour, then take it from the fire, and put thereto half an ounce of Camphire in pouder, when it is almost cold put thereto four ounces of Turpentine, and make it up like troules, but before it be rouled, you must wash it up in running water. A. T.

How to deliver a Child in danger.

Take a Date Stone, beat it into pouder, let the woman drink it with Wine, then take Polipody and emplaister it to her feet, and the Child will come whether it be quick or dead, then take Centory, green or dry, give it the Woman to drink in Wine, give her also the Milk of another Woman.

A most singular Sirrup for the Lungs, and to prevent a Consumption.

Take Egrimony, Scabios, Borrage, Bugosse, of each twenty leaves, Fole-foot, Lungword, Mai-

Maiden-hair, of each half a handful, Succory and Endive, of each six leaves, of *Cardus Benedictus*, Horehound. Nip, of each four crops, unset Hop half a handful, Fennel-roots, Parsly roots, Smallage-roots of each three roots sliced, and the piths taken out, Elecampane four roots sliced, Iris roots half an ounce sliced, Quince-seeds one ounce, Liquorice three good sticks scraped and sliced small, twenty Figs sliced, Raisins of the Sun one good handful sliced, and the stones taken out, boil all these in a gallon of running water till half be consumed, then take it from the fire and let it settle, then strain it, and boil it again with as much white Sugar as will make it as thick as sirrup, that it may last all the year.

A Powder for the Stone.

Take Hawes and Hips of each a good handful, Ashen-keyes half a handful, three or four Acorns

the shells of three new laid Eggs, Grumwell-seeds, Parsley-seeds, of each half an ounce, *Perstone* a good handful, Camock-roots half a handful, make all these in fine pouder, then put thereto two ounces of Sugar-candy beaten something small, take a sixpenny weight of this pouder at a time in the morning fasting, and drink not after it one hour.

For the Cholick and Stone.

Take one handful of *Philippendula* of Rosemary, of Saxifrage, of Ivye growing on the Wall, of Hearts-tongue, of Thyme, of Parsly, of Scabios, of each four handfuls, of Marigolds one handful, of Maioram three handfuls, of brown Fennel, of Londebeef, of Spermits, of Borrage, of each two handfuls, of Maiden-hair three handfuls, still all these in *May*, keep it in a Glass still you have need of it, then take of it five spoonfuls, and three of white-Wine, and of clean pou-

der of Ginger half a spoonful, put these together, and warm it luke-warm, and let the Patient drink it in the morning two hours before he rises out of his bed, let him lay more cloaths upon him, for it will provoke him to sweat, after the sweat is gone, let him rise and walk whither he will.

A good Water to drink with Wine, or without to cool Choller.

Take Borrage-roots, and Succory roots of each two, wash and scrape them fair and clean, and take out their cores, then take an earthen pot of two gallons, fill it with fair spring Water, set it into a fire of Charcoal, put the roots in it, and eight penny-worth of Cinnamon, when it beginneth to seeth, put into it four ounces of fine Sugar, and let it seeth half an hour, then take it off, let it cool, and drink thereof at your pleasure.

How to make Aqua Compolita *for the Cholick and Stone.*

Take strong Ale one moneth old as many Gallons as your Pot will hold, and for every Gallon take two ounces of Liquorice, and as much Annise-seeds, and of these Herbs following two handfuls of each to every Gallon, of Birch-leaves, Burnet, Pasphere, Pellitory of the Wall, Watercresses, Saxifrage, Grumwell, *Philipendula*, Penny royal, Fennel, half a root of Elecampain, of Hawes of Hips, of Berries, of Brambles, and Barberies, of each half a pint, still them as you do other *Aqua vitæ*.

A Medicine for the Cholick Passion.

Take the smooth leaves of Holly dry them, and make them into pouder, of Grumwel-seed, and Box-seed of each a little quantity, let the Patient drink thereof.

How to take away the fervent shaking and burning of an Ague.

Take of the rind of the Wilding-

tree

tree, with the leaves in *Sumer*, of each half a handful, as much Betony, three crops of Rosemary, seeth them in a quart of posset-Ale to a pint, and let the sick drink of this as hot as he can, and so within three times it will ease him.

For the hardness or stiffness of the Sinew.

Take twelve fledg'd Swallows out of the nest, kill them, beat them feathers and all in a *Mortar*, with Thyme, Rosemary, and Hop, then season them with May-butter a good while, then strain them through a strainer as hard as you can, and it will be an Ointment, take the strings that grow out of the *Strawberries*, and beat them amongst the rest.

How to stay the Flux.

Take white starch made of wheat two or three spoonfuls, and take also new Milk from the Cow, stir them together, and let them be warmed a little, and give it to the party grie-

ved

ved in manner of a glister, a present remedy.

An approved Medicine for the Plague, called the Philosophers Egg, it is a most excellent preservative against all poysons, or dangerous Diseases that draw towards the Heart.

Take a new laid Egg, and break a hole so broad as you may take out the white clean from the yolk, then take one ounce of Saffron and mingle it with the yolk, but be careful you break not the shell, then cover it with an other piece of shell so close as is possible, then take an earthen pot with a close cover, with warm embers, so that he shall be not burned, and as those embers do cool, so put in more hot; and do so for the space of two dayes untill you think it be dry, for proof whereof you shall put in a pen, and if it come out dry it is well, then take the Egg and wipe it very clean, then pare the shell from the Saffron, and set it

before

before the fire, and let it be warm
then beat it in a Mortar very fi
and put it in by it ſelf, then take
much white Muſtard-ſeed as t
Egg and Saffron, and grind it
ſmall as meal, then ſearce it throu
a fine boulter, that you may ſa
the quantity of the *Egg* ſo ſear
then take a quarter of an ounce
Dittany Roots, as much Turme
til, of *Nuces Vomicæ* one drach
let them be dryed by the fire
aforeſaid, then ſtamp theſe th
laſt ſeverally, very fine in a Mo
tar, then mix them three well
ge her, after that take, as a thi
moſt need ul, the Root of Angel
and Pimpernel, of each
weight of ſixpence, make th
to pouder, and mix them with
reſt, then compound therewith
or ſix ſcrupels of Unicorns horn,
for want thereof Hearts-horn, a
take as much weight as all th
fine pouders come to, of fine Tri
cle, and ſtamp it with the pouder

in a Morter, until it be well mixt & hang to the pestle and then it is perfectly made, then put the Electuary in a stone pot well sealed, and so it will continue twenty or thirty years, and the longer the better.

How to use this Electuary.

First, When one is infected with the Pestilence, let him take so soon as he can, or ever the disease infect the heart, one crown weight in gold of this Electuary, and so much of fine Triacle, if it be for a man, but if it shall be for a Woman or Child take less, and let them be well mixed together, and if the disease come with cold, give him the Electuary with half a pint of white Wine warme, and well mixed together, but if it come with heat, then give it him with Plantain Water, or Well Water, and Vinegar mixt together and when he hath drunk the same, let him go to his naked bed, and out of his shirt, and cover him warm

warm, but let his bed be well warm
ed first, and a hot double sh
wrapped about him, and so let h
sweat seven, eight, or ten hours,
he is able to endure, for the m
he doth sweat the better, because
disease fadeth away with the swe
but if he cannot sweat, then h
two or three Bricks or Tiles,
wrap them in moist cloathes,
with water and Salt, and lay th
by his sides in the Bed, and th
will cause him to sweat, and as
sweateth, let it be wiped from
body with dry hot cloathes be
conveyed into the bed, and his swe
being ended, shift him into a w
bed with a warm shirt, and all fre
new cloaths, using him very warily
for taking of cold, and let his cloath
that he did sweat in be well air
and washed, for they be infectious
and let the keepers of the sick beware
of the breath or air of the par
in the time of his sweating, there-
fore let her muffle her self wi
double

ouble old cloth, wherein is worm-
ood, Rue, Fetherfew, crumbs of
ur bread and Vinegar, and a
ttle Rose-water, beat all these to-
ether, and put it into the Muffler
ade new every day while you do
eep him, and let the sick party have
f it bound in a cloath to smell on,
hile he is in a sweat, then after do it
way and take a new. and because he
hall be faint and distempered after
is sickness, he shall eat no flesh, nor
rink Wine the space of nine dayes
ut let him use these Conservatives
or his health, as Conserve of Bu-
oss, Borrage, and red Roses, and
pecially he shall drink three or four
ayes after he hath sweat morning
nd evening, three ounces of the
uyce of Sorrel mixed with an ounce
f Conserve of Sorrel, and so use
o eat and drink whatsoever is com-
ortable for the heart, also if one
ake the quantity of a Pea of the said
lectuary with some good Wine, it
hall keep him from the Infection,

therefore

therefore when one is ſick in t
houſe of the Plague, then ſo ſoon
you can, give all the whole houſho
ſome of this Receit to drink, a
his keeper alſo, and it ſhall preſer
them from the infection, yet ke
the whole from the ſick as much
you can, beware of the cl aths a
bed that the ſick party did ſweat in.

To make Balm Water.

Take four Gallons of ſtrong A
and ſtale, half a pound of Liquor
two pound of Balm, tw ounces
Figs, half a pound of Annſe-ſeed
one ounce of Nutmegs, ſhred t
Balm and Figs very ſmall, and l
them ſtand ſteeping four and twe
hours, and then put it in a ſtill as y
uſe *Aqua vitæ*.

To make Doctor Stevens Water.

Take one Gallon of good Ca
cola Wine, of Gingar, Galing
Nutmegs, Grains, Annſe-ſeed
Fennel-ſeeds, Carraway-ſeeds, Sa
Mints, red-Roſes, Garden-Thym
Pellitory, Roſemary, wild-Thym

Penn

enny-royal, Camomile, Lavender, each one handful, bray your Spices small, and chop the hearbs before ned, and put them with the spices to the Wine, and let it stand ve hours, stirring it very often en still it in a Limbeck, closed up ith course paste, so that no air enter. keep the first water by it self, it is ood so long as it will burn.

An Ointment for any strain in the Joynts, or any sore.

Take three pound of fresh Butter washed, and set it in an Oven after the bread be drawn out, and let stand two or three hours, then ake the clearest of the Butter, and ut into a Posnet, then take the ops of red Nettles as much as will e moistned with the Butter, and hop them very small, and put them nto the Butter, set it on the fire, and oil it fifty five or six hours, and hen it is so boiled, put thereto half pint of pure oyl-Olive, and then

boil

boil it a very little, and take it a
and strain it into an earthen pot
keep it for your use.

If you think good, instead of N
tles only, you may take these hea
Cammomil, Rosemary, Lave
Tun-hoof, otherwise Ale ho
Five-finger, Vervain, and Net
tops.

For an Ague.

Take the inner bark of a Waln
tree a good quantity, boil it in be
untill the Beer look black, and th
take a good draught and put it in
a pot, then take six spoonfuls of s
lade oil, for an extream Ague, bo
it too and frow in two pots h
drink it, and let the party labour
any exercise untill he sweat, h
let him lie down upon a bed ve
warm untill he hath done sweatin
this do three times when the Ag
cometh upon him.

A Pouder against the wind in the Stomack.

Take Ginger, Cinnamon, an
Ga

allingal, of each two ounces. An-
ie-seeds, Carraway, and Fennel-
eds, of each one ounce, long Pepper,
rains, Mace, and Nutmegs, of each
alf an ounce, Setwel half a dram,
ake all in pouder, and put there o
pound of white Sugar, and use
is after your meat, or before at
ou: pleasure, at all times i com-
orteth the stomack marvelously, car-
eth away wind, and causeth a good
igestion.

For a Pin or Web in the Eye.

Take the white of an Egg, beat it
oyl, put thereto a quarter of a
oonful of English Honey, half a
ndful of Daisie leaves, and in
inter the roots, half a handful of
e inner rind of a young Maz I not
ove one years growth beat them
ether in a Mortar, and put there-
o one spoonful of Womans Milk,
nd let it stand infused two or three
ours. & strain all through a cloth,
nd with a feather drop it into the eye
ice a day.

For

For blood shotten and sore eyes, &c. coming of heat.

Take *Tutty* of *Alexandria*, or *Lapis Tutty* one ounce, beat it unto fine pouder, and temper it with a quantity of white Wine, put thereto one handful of dryed Rose-leaves, and boil them altogether with a soft fire until one half be consumed, then strain it through a fine linnen cloath and keep it in a Glass, and use it every morning, and put it into the sore eye with a feather, or your finger.

If the *Tutty* be prepared, it is the better, which is thus done, steep the *Tutty* in Rose-water, and let it be boyled an hour, then take it forth, and lay it on a white paper to dry, then take it is when it is dry, steep it, and dry it again, as before, twice or thrice, and then use it as before.

For an Ach in the Bones.

Take Southernwood, Wormwood, and Bay-leaves, of each one handful, one Oxe-gall, one pint of

Neat

eats-foot oyl, put all these together
d let them stand two or three daies
d let them boil upon a very soft
re, then put in of Deers-suet a good
uantity, strain them, and put them
a Pot, and so annoint the Patient,
t to this a good quantity of Tar,
d as much pitch as the bigness of a
Valnut, and of the juyce of Pimper-
l a good quantity.

For Children that are troubled with an extream Cough.

Take Hysop-water, and Fennel-
ter, of each half a pint, of sliced
quorice, and Sugar, of each a pre-
quantity, seeth them easily over a
od fire, strain it and let them take
ittle hereof at once, and often, you
y dissolve pellets therein, and you
ay annoint their chest with Oyl of
lmonds, and a little Wax.

A Medicine for sore Eyes.

Take red Fennel and Celendine,
each one handful, stamp and
strain

ſtrain them, that done, take ſ
ſpoonfuls of Honey, and wh
Copperas the quantity of one P
Roſe-water five ſpoonfuls, b
theſe together in an earthen p
ſkim it well, and clarifie it with
white of an Egg, this is an excelle
Medicine to clear the ſight of
eye, if there be any thing in the
ſuperfluous to hinder the ſight, bu
there be nothing but heat, it is
thing ſo good.

To help one that is inwardly bruiſed.

Take of Borrage and red Sa
of each a handful, ſtamp theſe t
gether, and ſtrain them, and p
thereto as much Claret-Wine
the juyce thereof, and let the pa
drink it warm, and if it keep wi
in him four and twenty hours
ter he will recover; if he be bo
in the body, let him take
ſpoonfuls of ſirrup of Damask R
ſes, and two ſpoonfuls of Sallad
oil, and drink it faſting, and an ho
af

ter let the party take some warm roth.

For the Stitch.

Take of Lavender, Fennel, Parsley, Cammomile, Thyme, Wormwood, Angelica, of each one handful, of Sage, and Rue, one handful, of Annise-seeds, and Fennel-seeds, of each one handful, of Cumin-seeds two handfuls, of Cloves ur spoonfuls, and of *Mace* two poonfuls gather these hearbs in the at of the day, and dry them in the n two dayes, Laying them very in on a sheet, and bruise the seed ssely, and steep them in as much lade-oyl as will cover all these ngs, and somewhat more, and them in the Sun ten dayes, which ng done, strain your Oyl from r Hearbs and your Spices, and n infuse it once again as before h Hearbs and Spices in like man-, and to that Oyl thus infused or ned, and bitter Almonds, and of Capers half a pint, then take

a quarter of a ſpoonful of the ſaid oyl, and put it in y^r hands, your hands being warm; rub them together, and annoint and rub the patient grieved with both your hands, the one on the right ſide, the other on the left, from the loyns downe to the bottom of the belly, drawing your hands as hard as you can, and make them to meet at the bottom of the belly, and continue in continual rubbing about a quarter of an hour.

For a Burning or Scald.

Take a quantity of ſheeps-Suet, the white of Hen-dung, and freſh greaſe, boil all theſe together, ſtrain it & annoint the party with a feather.

For the Emrods and Piles.

Take juyce of Elder, May-butter and Deer-ſuet, melt them, let the juyce and the butter ſimper an I then put the ſuet to them, make them into pills, and if you make a ſuppoſitor, you muſt put in no Deers ſuet.

or the Canker in the Mouth or Nose.

Take the ashes of green leaves of oily, with half so much of the burnt ouder of Alum, blow with a quill o the place grieved, and it will p Man, Child, or Beast.

A Remedy for the Mother.

When the Fit beginneth to take hem, take the pouder of white Amber, and burn it in a Chafindish of oals, and let them hold their uths over it, and suck in the noke, and annoint their nostrils ith the oyl of Amber, and if they not with child, take two or three ops of the oyl of Amber in white ine warm or cold, but the oyl of mber must be taken inward but nce a day, and outward as often as e Fit taketh them.

A Medicine for the Worms.

Take one penniworth of Aloes, ith the like quantity of Ox-gall nd Mithridate, mix them together nd lay them to the Childes Navel pon a plaister.

A Preservative against the Plague.

Take one dry Walnut, take off the shell and peel, cut it small, and with a branch of Rue shred fine, and a little Wine-Vinegar and Salt, put all into a sliced Fig, take it up fasting, and then you may drink a little Wormwood after it, and go where you list.

A Pill for those that are infected.

Take of Aloes-Succatrina half an ounce, of Myrrh, and English Saffron, of each a quarter of an ounce, beat them into small pouder, with Malmsey, or a little Sack, or Dioscoridon, make two or three small pills thereof, and take them fasting.

A Poultess to break a Plague-Sore

Take a White Lilly-root, and seeth it in a pennyworth of Linseed, and a pretty quantity of Barrows-grease, beat the Linseed first very soft, afterwards beat altoge-

the

ther in a Mortar, make thereof a Plaister.

An Electuary for the Plague.

Take the weight of ten grains of Saffron, two ounces of the kernels of Walnuts, two or three Figs, one drachm of Mithridate, and a few Sage leaves stampt together, with a sufficient quantity of Pimpernel Water, make up all these together in a masse or lump, and keep it in a glasse or pot for your use, take the quantity of twelve grains fasting in the morning, and it will not onely preserve from the pestilence, but expel from those that are infected.

Against a Tertian Ague.

Take Dandillion clean washed, stamp it, and put it in Beer, and let it stand all night in the Beer, in the morning strain it, and put half a spoonful of Triacle into it, make it luke-warm, and let the patient drink of it fasting upon his well day, and walk upon it as long as

he is able, this hath been approved good for an Ague that cometh every second day.

Against the Wind.

Take Cumin-seed, and steep them in Sack four and twenty hours, dry them by the fire, and hull them, then take Fennel-seed, Carraway-seed, and Annise seed, beat all these togeather, and take every morning half a spoonful in broth or beer fasting.

Another.

Take Enula Campana, grate it, and drink half a spoonful fasting.

For the sting of an Adder.

Take a head of Garlick, and bruise it with some Rue, and some Honey thereto, and if you will, some Treacle, and apply it to the place.

For the biting of a Dog.

Take Ragwort, chop it, and boil it with unwasht butter to an Ointment.

A Medicine for a woman that hath a dead Child or for the after-birth after deliverance.

Take Date-stones, dry them and beat them to pouder, then take Cummin-seed, Grains and English Saffron, make them in pouder and put them altogether in like quantity, saving less of the Saffron then of the rest, then searce them very finely, and when need is to drink it, take a spoonful at once with a little Malmsie, and drink it Milk-warm, it is good to bring forth a dead-child, or for the after-birth, or if the Woman have any rising in her stomack, or flushing in her face during her child birth: the Dates stones with round holes in the side are the best; if you put a quantity of white Amber beaten amongst the pouder, it will be better.

To make the best Paracelsus *Salve.*

Take of Litharge, of Gould and Silver, of each three ounces, and put to it one pound and half of good

Sallade-Oyle, and as much of Linseed-Oyl, put it into a large earthen vessel well leaded, of the fashion of a milk-boul, or a great Bason, set it over a gentle fire, and keep it stirring till it begin to boil, then put to it of red-lead, and of *Lapis Calaminaris*, of each half a pound, keep it with continual stirring, and let it boil two hours, or so long till it be something thick, which you may know by dropping a little of it upon a cold board or stone, then take a Skiller, and put into it a pound of yellow Wax, as much black Rosin, half a pound of Gum-Sandrach, of yellow-Amber, Olibanum, Myrrh, of *Aloes Hepatica*, of both the kinds of *Aristolochias* round and long, of every of these in fine pouder searced one ounce, of *Mammir* one ounce and a half, of oyl of Bayes, half a pound, of oyl of Juniper six ounces, dissolve all these together in the aforesaid Skillet, and then put them to the former Plaister,

ter, set it over a gentle fire; and keep it with stirring till it boil a little. Then take your five Gums, Opopanax, Galbanum, Sapagenum, Ammoniacum, and Bdelium, of each of these three ounces, which must be dissolved in white-Wine-Vinegar, and strained, and the Vinegar exasperated from them before you go about the Plaister, let there be three ounces of each of them when they are thus prepared, then when the Plaister hath gently boyled, about half the bigness of a Nutmeg at a time, continuing that order untill all the Gums be in and dissolved, then set it over the fire again, and let it boil a very little, but before it boil, be sure that the Gums be all dissolved, for else it will run into lumps and knots, after it hath boiled a little take it from the fire again, and continue the stirring of it very carefully, and put to it these things following, being in a readiness, take

of both the Coral's red and white, of Mother of Pearl, of Dragons Blood, of *Terra lemnia*, of white Vitriol, of each of them one ounce, of *Lapis hematitis*, and of the Load-stone, of each of them one ounce and a half, of the flours of Antimony two drachms, of *Crocus Martis* two drachms, of Camphire one ounce, of common Turpentine half a pound, mix all these together, but first let those things that are to be pounded, be carefully done, and finely searced, then put them altogether among the former things, and again set it over the fire with a moderate heat, and gentle to boil, till it be in the form of a plaister, which you may know by dropping it on a cold piece of wood, or stone, or iron, you must also remember to keep it with continual stirring from the beginning to the ending, when you make it up, let your hands, and the place you rowl it on, be annointed with the oyl of Saint John wort,

and

and of each Worms and Juniper, Cammomile and Roses together, wrap it in Parchment, or Leather, and keep it for your use.

Memorandum, That the Camphire be dissolved in the oyl of Juniper, mix them together with the Gum Sandrach, and put them in towards the latter end.

An Oyntment for any strain in the Joynts, or for any Sore.

Take three pound of fresh-butter u washed, and set it into an Oven after the bread be drawn out, and let it stand two or three hours, then take the clearest of the Butter, and put into a Posnet, then take the tops of red Nettles, and chop them very small; and put so many Nettles to the Butter, as will be moistned with the Butter, and so set it on the fire and boil it softly five or six hours, and when it is soyled, put thereto half a pint of the best oyl of Olive, and then make

it

it boil a very little, and take it off, and ſtrain it into an earthen pot, and keep it for your uſe.

Mr. Aſhley's *Ointment.*

Take ſix pound of *May*-Butter unſalted, one quart of Sallade oile, four pound of Barrows-greaſe, one pound of the beſt Roſin, one pound of Turpentine, half a pound of Frankincenſe: To this rate take theſe Hearbs following, of each a handful, *videlicet*, Smallage, Balm, Lorage, red-Sage, Lavender, Lavender-cotton, Herb grace, Parſley, Comfry called Boneſet, Sorrel, Laurel leaves, Beech-leaves, Lungwort, Majoram, Roſemary, Mallows, Cammomile, Saint-*Johns*-wort, Plantain, Allheal, Chickweed, Engliſh Tobacco, or elſe Henbane, Grumſel, Woundwort, Bettony, Egrimony, *Carduus Benedictus*, wild-Wine, or white-Wine, called Brian, Adders-Tongue, Mellilot, pick all theſe hearbs clean, waſh them, ſtrain them

them clean from the water, all these must be gathered after the Sun rise, then stamp all these Hearbs in a stone or wodden Mortar so small as possibly may be, then take your Rosin and beat it to pouder with your Frankincense, and melt them first alone, then put in your Butter, your Hogs-greese and Oyle, and when all is melted, put in your Hearbs, and let them all boil together half a quarter of an hour, then take it from the fire, and leave stirring of it in no wise a quarter of an hour after, and in that time that it is from the fire, put in your Turpentine, and two ounces of Verdigrease very finely beaten to poude; and when you put in your Turpentine and Verdigrease, stir it well, or else it will run over, and so stir until it leave boiling: Then put it in an earthen pot, stopping the pot very close with a cloath and a board on the top, and set it in a dunghil of horse muck twenty

one

one dayes, then take it up and put it into a kettle, and let it boil a little, taking heed that it boil not over, then ſtrain all through a courſe cloth into an earthen or Gally Pot, and when all is ſtrained, put to it half a pound of oyl of Spike, and cover the pot cloſe until you uſe it, and when you uſe it, make it warm in Winter, and uſe it cold in *Summer*.

An approved Medicine for an Ach in the Joynts whatſoever

Take half a pound of Roſin, half a pound of Frankincenſe, Olibanum, and Maſtick, of each one ounce, Wax, Deers-Suet, Turpentine, of each two ounces, Camphire two drachms, beat the Olibanum, Maſtick, Roſin, and Frankincenſe, and Camphire into pouder, then put it in a braſſe pan with a pottle of white Wine, and put in the Wax, and Deer-Suet into it, and when it doth boil, put in your Turpentine, and let it boil a quarter of an hour

hour, then take it from the fire and let it stand and cool until the next day, then work it with your hand to work out the wine, annointing your hands first with oyl, then make it up in rouls, then as need shall serve, take there of and spread it with a warm knife upon a fleshy side of a Sheeps skin, and apply it warm to the grieved place, and take it not off until it fall off of it self, pricking the plaister full of holes.

A Searcloath to be used against Carbuncles, red Sores, Biles, swellings, or any hot causes.

Take a wine pint of pure Salladeoyl, and put into an earthen pot that is very large, and set it upon a very soft fire of Charcoal, and when it beginneth to boil, stir it with a Hasell stick of one years shooting, then put into it two ounces of *Venice* Sope that is pure white, half a pound of red Lead, one quarter of a pound of white Lead, letting it boyle very softly, stirring it continually

tinually with this Hazle ſtick for the ſpace of two or three hours, you ſhall know when it is boiled by this, drop one drop thereof on a board, and it will be ſtiff when it is enough, then take it from the fire, and put into it half an ounce of oil of Bayes, then let it boyl again a little, then let your cloaths be cut of a reaſonable ſize to dip them in it, then you muſt have two ſticks, which muſt be hollow in the middle to ſtrip the cloaths through, then lay them abroad until they be cold upon a board, then roul them up and keep them, and when you uſe them, lay them upon the place grieved, and let them lie twelve hours, then take it off and wipe it, and lay the other ſide, and let that lie as long.

A Plague Water to be taken three time, for the firſt helpeth not.

Take a Gallon of White-Wine, Ale or Beer, and to that quantity take a quarter of a pound of each of

thele

these Hearbs following, Rose-water quarter of a pint, Rue, Sage, Vervin, Egrimony, *Bettony*, Celendine, Carduus, Angelica, Pimpernel, Scabios, Valerian, Worm-wood, Dragons, Mugwort, all these Hearbs must you shread in grosse together, and keep in the aforesaid liquor, the night before you still it in a Rose-Water Still, and then keep the first water by it self, 'tis the weaker, and therefore fitter for Children; it helpeth all Fevers, Agues, and Plagues, being thus taken, seven spoonfuls or thereabout of the strongest blood-warm, and give it to the party to drink in an Ague or Fever, an hour before the fit come, and so to sweat, either by exercise, or in your bed, but your stomack must be empty, and if it be taken for the plague, then put into a little Diascordium or Mithridate.

A defensive Plaister.

Take the white of an Egg, and

and Bolearmoni ck, spread it on lea-
th r.

A Sirrup for a Cold.

Take Colts-foot Water, Isop-
water and Honey, put Liquorice
Anise-seeds and Elecampane, pu
thereto the juyce of Fennel, an
boil them.

To stay the bleeding of a wound.

Take Charcoal red hot out of th
fire and beat it to pouder.

A Poulteſſe.

Take Milk, Oatmeal, & red-R
leaves, and a little Deers-Suet.

For the running of the Reins.

Take Cups of Acorns and grat
th m, and grate some Nutmeg, pu
this in Beer and drink it

For a Poulteſſe

Take Linseed and beat it to po
der, boil it in Milk with Mallow
and Sheeps-suet.

For a bliſt.

Take a good quantity of Verv
and boil it in milk, and wash th
bl

blast therewith very well, then bind the hearbs very close to it some few hours, after wash it again, the milk being warmed, and so bind it up again, the oftner it is done the better, and in 2 day or two it will be well, if it be taken before it festet.

Another.

Take a good quantity of Verjen being green, with as much Dill, chop them together, and boyl them in Bores-grease as much as will cover them, and for want hereof, so much *May*-butter, and when they be boiled together, let them stand two or three dayes, and then boil it a little, and so strain it through a cloath.

A Balsamum.

Take in the latter end of *September* good store of Honey-suckle berries, and put them in a body of a glasse still stopped, and set it in hot horse-dung eight dayes, distill in Balneo, then when you have drawn

drawn the water forth, pour thew
ter into the ſtuffe again, ſtop it cloſ
and put it into the dung four an
twenty hours, then ſet it in alhe
and diſtil both Water and Oyl wit
a great fire, as much as will com
forth, and at laſt ſeparate the wa
from the oyl in Balneo.

To make an excellent Oyl of Hyperic

Take flowers, leaves and ſee
of Hypericon as much as you lik
beat them together, and in
them in white-Wine, that they ma
be covered therewith, and ſet the
in the Sun for ten dayes, then p
thereto ſo much Oyl-Olive as a
the reſt doth weigh, and let it ſta
ten dayes more in the Sun, but lo
that you weigh the Oyl to kno
how much it is, then put thereto
every pound of Oyl two oun
of Turpentine, and one drachm
Saffron, and of Nutmegs, a
Cloves of each half an ounce,
Myr

yrrh, and Rosin of each an ounce, d of the root of Briony two ounces, put them all in a Vessel of glass, d mix them well together, and set om in a Vessel of hot Water, and en set thereto a head of glasse, and eceiver well shut, and boil it so ng until no more will distill om it, which will be about twenty ur hours, then take it out and rain it whilst it is hot, and keep it a Vessel of Glasse, and when ou first use it, heat it well, and apy it upon a wound without using y tent at all, this is excellent for green wound, especially if there veins, sinews, or bones offended cut, it keepeth wounds from pufaction, it cleanseth them and easeth pain, and doth incarnate and skin em, it helpeth bruises, pains, aches, swelling in any part, and is wonrful good against venom or poy-

For

For the falling sickness.

Take the root of single Pionies gra e them, drink them, and we some of them about your neck.

For the kibed-heels.

Take a Turnip, make a hole in to of it, take out some of the pi infuse into that hole oil of Ro then stop close the hole, roast the Tu nip under the embers when it is so apply it plaisterwise warm to t Kibe, bind it fast.

Louis Prunellæ.

A Medicine for sore eyes.

Take one pound of Salt-pet boil it in a Gallon of rain water then po with a very hot fire round about i let it boil till it be very black a melted, then take a quarter of ounce, or sixpenny weight of Ro Allum, and a quarter of an ounc Brimstone, break them and them in the Salpeter by little once as it bolleth, and let it bo till the flame go out of it self, th

po

our it in a brass Ladle, or into a Chafer, and so let it stand till it be old, and when you will use it, scrape very fine with a knife, and put little of it to the sore eyes, hold down the eye lid till the pain be done, then let the water drop out of the eye: This Medicine take away the Pearl, Pin and Web in the eye, and all sores and blood-shed, It also helpeth the tooth-ach, being put into the hollow tooth, with a little lint, if the tooth be not hollow rub it outward: Finally, it helpeth a stinking breath, being eaten in the morning fasting.

For a scald Head.

Take a handful of Glovers shreds, and a handful of Dock-roots the pith taken out, and boil them in strong Ale until they be reasonable thick, and annoint the head therewith.

For a bloody Flux.

Take Rubarb and toast it, then grind it to pouder, and take as much as

as will lye upon a sixpence, and keep warm that day, the next day eat conserve of Roses, mixed with Coral, and drink that day if you will, pottle Ale made of Cammomile.

For the Itch.

Take a pound of Butter unwashed and unsalted, three good handfuls of red Sage, and as much Brimstone beaten into pouder, as a Walnut, boil these well together, and strain it and put in half an ounce of Ginger beaten small.

For sore Eyes

Take new Hens-dung out of the nest, and put it in to an Oven almost cold, let it lie there all night, and take the white of it, and beat it being dryed, and take as much of the pouder of Ginger finely beaten, and put to that half in like quantity of Sugar candy, all which must be beaten very well and searced, then put it into the sore-eyes every night, and in the morning, and wash it out with warm

A Water for sore Eyes.

Take a pint of fair running water, of wild Daisies, and three leaved-grass, of each a good handful, wash the hearbs very clean in a Cullender, and put them into a clean skillet of water, let them boil very well over the fire, until the water look green, then take a little piece of Allum and put into the water, & when it is boiling then taste of the water, and when it sticks to the mouth, take as much honey as will make it very sweet, then after it hath boiled a little while, take it off the fire, strain it, and drop a little every night into the eyes.

An approved Application against any Sore sight.

Take the bottome of a Muncorn-loaf, cut it about an Inch thick, and as broad as the palm of your hand, toast it very well, then take Sallade oyl and Claret-wine of both alike quantity, as much as

will wet the toast well and through-
ly, warm it hot, then put the toa
into it, when the toast is well soak'
strew the pouder of Cloves & Ma
hereupon thick, then apply it to th
stomack of the Patient as warm a
he can endure it, it will purge up
wards and downwards as often a
you apply a fresh toast made as afor
said, that may be applyed so often
any one findeth their stomack ill
ease, although then it will not purg
except in case of a surfeit,

A Medicine against the Plague.

Take of the root called Scor
the quantity of half a Walnut, an
grate it, of Triacle green one go
spoonful, of fair water three spoo
fuls, make all these more than luk
warm, and so drink them of
bed, and sweat six or seven hou
and in your sweat drink small P
fet-Ale made of small drink as
need, but not till an hour and
after the taking of the Potion,

it will bring forth the Plague, for if you cast the Medicine, you may take it the second, third, or fourth time, by the whole, half, or less measure as your stomack will bear it; if any do take it and thereupon upon presently amendment, or a rising or sore, you may think it to be the sickness, for the nature of the Medicine is to prevent the Plague, and in others to expell the Sore, if it be not taken too late, in which case the stomack will not brook it easily, and after two or three times taking, if you minister it to any, let be at their first sickness, lest if their disease be other, they may receive harm thereby.

Jelly of Frogs.

Take the Jelly of Frogs in March, and still it in a Glass still, It is a good medicine to stop blood, and for the heat and redness of the face, and good to cure green wounds.

For the Tooth-ach.

Take Spearements, and ground-Ivy, of each a handful, and a good spoonful of bay-Salt, ſtamp all these very well together, and boil them in a pint of the ſtrongeſt Vinegar that you can get, let theſe boil altogether untill they come to a quarter of a pint, then ſtrain it, and put it into a glaſs, & ſtop it very cloſe, when your teeth do ake, take a ſpoonful of it blood-warm, and hold it in your mouth on that ſide the pain is.

To make Teeth ſtand faſt.

Take Roots of Vervine in cold wine and waſh the teeth therewith.

For the perilious Cough.

Take white Hore-hound ſtamp it, wring out the juyce, and mingle with honey, and ſeeth it, and give it to the ſick to drink, or elſe Sage and Garlik ſeed, and roaſt it at the fire, and take away the pellings, and eat the reſt with Hony

or else take Sage, Rew, Cummin, and pouder of pepper, and seeth all these together in honey, and make thereof an Electuary, and take thereof a spoonful in the morning, and another at night.

For a man that hath no taste in meat or drink.

Take a pottle of clear water, and a good handful of Dandilion, and put it in an earthen pot, and seeth it till it come to a quart, and then take out the hearbs, and put in a good quantity of white Sugar, till you think it be somewhat pleasant, and then put it in a Vessel wherein it may cool, and then take twenty or thirty Almonds, blanch them and beat them in a morter, and when the water is cold put it to the Almonds, and strain it through a clean Cloth is bag without compulsion & if it be thick let it run through again, and so keep it in a vessel, and drink of it often, at all times as you please.

To preserve a man from the Plague.

Take *Alee Apaticum*, and *Alee Succatrine*, fine Cinnamon and Myrth, of each of them 3 drachms, Cloves, Mace, *Lignum aloe*, *Mastick Bole-Armoniack*, of each of them half a drachm, let all these things be well stamped in a *Mortar*, then mingle them together, and after keep them in some close vessel, and take of it every morning two penny-weight, in half a glass full of white Wine, with a little water, and drink it in the morning at the dawning of the day, and so may you by the grace of God, go safely into all infection of the air and Plague.

For a Tetter or Ring-worm

Take *Mercury* a quarter of an ounce, Camphire one penny weight, make them into pouder, and rub them in a fair Porrenger, then take and mix them with the water of the Wine four or five spoonfuls, stir them well together, then put as much

much more water to that then strain through a cloth, and take Poppey-seeds one quarter of an ounce, beat that in a stone Morter, with a spoonful of water of the Wine, putting it to and a little till you have spent the quantity of a pint, then put to half an ounce of the Milk of Cocernut, so mix them well together with your Receipt, and strain them as you make Almond-Milk through a fair cloth, then keep it in a glass for your use.

To keep ones body loose whensoever you need.

Take two ounces of Sirrup of Roses, one ounce of Sene, one penniworth of Annise-seeds, one stick of Liquerice, one pint of Posturnwater, seeth them altogether till it seeth to half a pint, then strain them forth, then boil the two ounces of Sirrup of Roses, and drink it warm.

For a red Face.

Take Brimstone that is whole, and Cinnamon of either of them an even proportion by weight, beat them into small pouder, scarce it through a fine cloth upon a sheet of white paper, to the quantity of an ounce or more, and so by even proportion in weight, mingle them together in clean clarified Capons-grease, and temper them well together, until they be well mollified, & then put them in little Camphire to the quantity of a bean, and so put the whole confection in a glass.

For a young Child to make Water.

Boil Organy in fair water, & lay it warm to the childs Navel.

A Medicine for the falling of the Uvula into the throat.

Take a red Colword-leaf, where of cut away the middle rind, then put the leaf into a paper, and let it be burnt in hot Embers or Ashes, then take the leaf out, and lay it

ot on the top or crown of the bare
ead, and it will draw it up into his
lace and rid you of your pain.

A Medicine for the heat of the soles of the feet that cometh by them or blood.

Take a quantity of Snales of the
Garden and boil them in stale urine
hen let the patient bath and set his
eet therein, and using that often he
hall be cured.

Gascons *own Pouder.*

Take of pouder of *Pearl*, of red
Corral, of Crabs eyes, of Harts-
orn, and white Amber, of each
ne ounce, beat them into fine pou-
er, and searce them, then take so
uch of the black toes of the Crabs
aws as of all the rest of the pou-
ers, for that is the chief worker,
eat them, and searce them finely as
ou do the rest, then weigh them
everally, and take as much of the
oes as you do of all the rest of the
ve pouders, and mingle them well
ogether, and make them up in ball

with jelly of Harts-horn, where in
put or infuse a small quantity
Saffron to give them colour, the
let them lie till they be dry and fil-
ly beard, and keep them for your

The Crabs are to be gotten in
May or *September*, before they b
boiled.

The dose is ten or twelve grai
in Dragon-water, Carduus wat
or some other cordial water.

The Apothecaries in their c
position of it, use to put in a drachm
of good Oriental-*Bezar* to the o
ther powders, as you may see in th
prescription following.

This is thought to be the true com-
position invented by *Gascon*, and th
the Bezar, Musk, and Ambergrice
were added after by some for cu
sity, and that the former will wo
without them as effectually as wi
them.

The Apothecaries Gascon Pouder, with the use.

Take of Pearls, white Amber, Harts-horn, eyes of Crabs, & white Coral, of each half an ounce, of black thighes of *Crabs* calcined two ounces to every ounce of this pouder put in a drachm of Oriental Bezar; reduce them all into very fine pouder, and search them, and with Harts-horn jelly, with a little Saffron put therein, make it up into a paste, and make therewith Lozenges or Trochises for your use.

You must get your Crabs for this pouder about *May*, or in *September*, before they shall be boyled, when you have made them, let them dry and grow hard in a dry air, neither by fire nor Sun.

This dose is ten or twelve grains, as before prescribed in the former page.

The

The Pouder prescribed by the Doctor in their last London *Dispensatory* 1650. *called the Pouder of Crabs claws.*

Take of prepared Pearls, eyes or stones of Crabs of red Corral, or white Amber, of Harts-horne, of Oriental Bazar-stone, of each half an ounce, of the pouder of the black tops of the Crabs claws to the weight of all the former; make them all into pouder, according to Art, and with jelly made with the skin or casting of our Vipers, make it up into small Tablets, or Trochises, which you must write dry, as before prescribed, and reserve for your use.

The Countesse of Kents *Pouder good against all malignant and Pestilent Diseases, French-Pox, Small-Pox, Measels, Plague, Pestilence, malignant or scarlet Fevers, good against Melancholy, dejection of Spirits, twenty or thirty grains thereof being exhibited*

bibited in a little warm Sack, or Harts-horne Jelly to a man and half as much, or swelve grains to a child.

Take of the Magistery of Pearls, of Crabs eyes prepared, of white Amber prepared, Harts-horne *Magistery* of white Corral, of *Lapis Contra Tarum*, of each a like quantity, to these powders infused put of the black tipes of the grea claws of Crabs, the full weight of the rest, beat these all into very fine powder, and searce them through a fine L wi searce, to every ounce of this powder ad a drachm of true Oriental Bezar, make all these up into a lump, or masse, with the jelly of Harts-horn, and colour it with Saffron, putting thereto a scruple of Amber-greece, and a little Musk also finely poudered, and dry them (made up into small Trocheses) neither by fire, nor Sun, but by a dry air as you may give to a man

twenty

twenty grains of it, and to a Ch
twelve grains.

The Virtues of a Root called Contra yerva, *being made into a fine pouder.*

1. It withstands the Plague bein
taken in Triacle-water.

2. It is good in all Pestilent di
eases, taken in posset-drink with Sa
fron.

3. It is good against a Fever, tak
in *Carduus*-water.

4. It is a great Antidote agai
all Poysons taken in Sallade-oy

5. It doth cure the biting of
mad dog, drunk in Rose-Vinegar
& then drink nothing else but spri
water during the cure.

6. It causeth a speedy delivery
given in Balm-water, Betony-wa
ter, or in burnt wine.

7. It doth take away the aft
throws, given in the same liquors.

8. It is a good Cordial in all s
of the Mother given in Rue-water.

9. It is very sovereign in swoun
in

g fits, given in Sack, or Borage ater.

10. It is very powerful to with- nd all melancholly, given in ck.

11. It doth help Convulsions in Childr n given in Spring-water.

12. It helpeth the Worms given n Goats milk.

13. It is good for a short breath, iven in Rue-water.

14. It helpeth the Head-pain, iven in Rue-water, or Rosemary- ater.

15. It help th the yellow Jaun- ce, given in Celendine-water.

16. It is very powerful in the alsie, given in Sage water.

17. It is a good Antidote against e Gout, given in Sage-water.

18. It withstandeth the growing f the Stone in the Reins, given in enish-wine.

19. It causeth a good and quiet ep taken in white-wine.

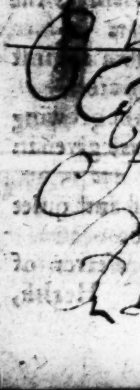
20. It is a great preserver of Health,

Health and means of long life, taken sometimes in Mede.

21. It may be used as Triacle or Bezar against Surfeits.

22. It is a general upon all occasions, and may be given at all times when you do not know what the disease is; in any of the aforesaid liquors.

The dose for a man or woman from one scruple, to two scruples and a boy or girle twelve or fourteen grains, in convenient liquors.



THE EPISTLE.

Friend,

BEing giving to understand, that you were re-printing the Countess of Kents Manual, I thought good communicate unto you, for the more compliſhment of your second Impression, the virtues of some select ordial Spirits, of very great use weak and sickly Persons, which re first composed by Sir Walter lleigh, during his Impriſonment the Tower, and diſperſed by him livers worthy Personages, in their eral occaſions and neceſſities, and re imparted to me by Captain muel King, who lived long time ith him in the Tower, and in his peditions; this King being my ng Friend, and School-fellow, h in Canterbury and Weſtmin-

ſter

ster Schooles. I have also inse
hereunto certain Experiments of G
ccns powder, or the Countesses,
their operations are much of the s
nature, which have many times w
very happy success been tryed, upo
veral persons by my self, and diver
thers by my directions, assuring m
is will be of very great use and be
so such persons as shall have nee
such helps and comforts, and so I re

Your Friend

W. J.

The Vertues of Aqua Bezar.

It is good against contagious diseases, as Plague, Purples, spotted Fevers, small-Pox, and Measels. The order to take it, is with *Carduus Benedictus*, or Angelica in poset-Ale, and so sweat moderately upon the taking of it, It is good against Defects, and easeth the stomack oppressed with wind, crude flegm, and superfluities, and helpeth digestion. The dose is from two to three Spoonfuls at one time.

The Vertues of Spirit of Clary.

It is good to restore one in any Weakness, chiefly of the black: It preserveth against the Consumption and Phthisick; it comforteth the Heart and increaseth radical moisture; It also strengthneth Child-bearing-woman after their delivery.

The

The dose is one or two spoon
morning and evening.

The vertue of Aqua Mariæ

It is good for all Infirmit
the Spleen, and to open the obs
ctions thereof, it comforteth th
tal parts, and is good against
passions of the heart; it preser
the meat in the stomack from p
faction; it helpeth digestion, and
pelleth wind.

The dose is one spoonful at
time.

The vertues of Flowers of
Rosemary.

It is good against all Infirmi
of the stomack. & to suppress all
fensive fumes rising up from he
to the head, keeping them d wn,
helpeth memory, it opene h all th
pings of the Liver and Mil, it
venteth *Vertigo Scotomia*, Pal
Apoplexies diseases of that kin
rising from cold Humors; it bre
eth wind and eateth the Cholick.

T

The dose is one spoonful at one

e.

The vertues of Spirit of Mint.

It is good for the stomack, and
ngthens the retentive Faculty,
d against vomiting, and all pas-
ns of the heart, it comforteth the
al spirits, and is good against the
nlumption, it expell th wind,
d helpeth digestion, and is an in-
ible help for Melancholy.

he dose is from one or two spoon-
s.

he vertues of Aqua Theriacalis.

It is good against all Diseases of
Spleen whatsoever, It prevent-
and helpeth contagions, and sud-
oppressions and qualms of the
t.

he dose is one spoonful to pre-
, and three to the infected, who
ht to sweat after taking it.

The vertues of Spirit of Saffron.

t is good to comfort the vital
nts, passions, trembling, and

pen-

penſiveneſs of the heart, and h
eth all mali nity oppreſſing it,
expelleth wind, ſuppreſſeth fu
which ariſe from the Spleen, and
up to the head, and op neth the
ſtructions of it; it is excellen
gainſt all melancholy, and very g
for women in Travail, ſo it co
forteth and haſteneth delivery.

The doſe is morning and e
ing one ſpoonful for three days t
gether.

Vertues of Spirit of Roſes.

It is good to open the obſtruc
on of the Lungs, and prevent
Conſumptions, and other infirm
ties of that nature; It preſer
from putrefaction, and keepeth
breath from being corrupted.

The doſe is a ſpoonful at n
at four in the afternoon, & as m
at bed-time.

The Virtue of the Spirit of Diaſ
rion.

The Spirit made of *Diſſay*

is gratum, prescribed in the last
don Dispensatory, comforteth
much restoreth decayed nature,
engtheneth the weak back, increa-
seed, and advanceth generation,
ng taken thrice a day a spoonful
a time, that is, in the morning
ing at noon in the afternoon, and
at bedward, with this caution,
t the weak parties abstain from
ereal acts till after their first
ep.

The dose is one spoonful at one
e.

The vertues of the Spirit of Straw-berries.

It is excellent good to putrifie and
nse the Blood; it preserveth
n, & also cureth the yellow jaun-
e, & deoppilateth the obstruction
he Spleen, is keepeth the body in
weet temperateness, and refreshe h
spirits.

The dose is a spoonful at a
e, when need requireth any of
those

those helps for the aforesaid diseas

Spirits of Confection of Alkerm
virtues.

It is an excellent comforter
the Spirits vital, natural, and a
mal, in weak and delicate perso
and against all trembling pensi
nesse, and sudden qualms of
heart.

The dose is one spoonful at
time

The virtues of Spirit of Comfo

It hath all the virtues which Sp
rit of Clary hath, only it is of g
ter efficacy in inward hurts, brui
and ruptures.

The dose is one spoonfull at
time.

Extract of Ambergriece.

Take a drachm of Ambergri
grind it very small on a Pala
stone, then put it into a boult-he
then take of the best Spirit of Wi
either Canary or Malligo-Sac
half a pound of Spirit of Clary,
can

nces, mingle them well together, d pour of the Menstrua one pint this proportion of Amber, set em to digest in a gentle *Balneo* bout eight hours, shaking it toge- er three or four times, then take out, and being cold, pour it forth, d put almost as much more of the ixed Spirit, d gested as before its gentle heat by Balneo, then put forth to the first extracted, and d half as much more Spirits the rd time, and digest it again; and en have you extracted all the spe- l part of the Amber, and leave no- ng, but a black dead Earth of no ue.

Then take a pint of the Spirit of at Herbs you will use, and dis- ve therein one pound of pure ite Sugar-candy, or at the least lve ounces, very finely powdered, d searced through a fine Searcer, r the speedier resolution thereof, is best to Dissolve it cold; this solution must be twice filtered

through a thin cap-paper, to make it very perfect clear: then take three parts of this dulcified Spirit to one of your Extracts of Amber drawn with Spirit of Wine, then shake them well together, and let them stand in a square glass very close stopped, until it shall be perfectly clear; one drachm of the Extraction of Amber will serve to dulcifie and make fit two quarts of Spirits of Mints or Cleary, or the like, and give it a most excellent taste and efficacious vertues.

Several Experiments made of the Countess of Kents or of Grafton Powder, by a Professor of Physick.

1. A Child aged about five years troubled much with Plegme, and drawing on (as the Parents conceived) to his end, with ten grains of this pouder exhibited in a special vehicle to the proportion of a spoonful, about seven of the clock

night, with the like dose exhibited the next morning, was within three dayes space perfectly recovered, and went abroad.

2. A Child aged about fourteen years, being suddenly surprized with dangerous Fits, and trembling of the heart, with twelve grains of this pouder exhibited in a spoonful of *Aqua theriacalis*, was that very day recovered.

3. A Stationers Child aged about five yeares being suddenly taken so ill, that the Parents feared the life of their child, with ten grains of this Pouder exhibited in a spoonful of Cordial Spirit, being laid down, and well covered (we suspected it would prove to be the small-Pox) became within two or three hours somewhat chearful: and with this Medicine continued once a day, the Pox broke forth, and the Child mended.

4. A Boy aged about sixteen, being taken with suddain qualmes

about the stomack and heart, with ten grains of this pouder exhibited in a spoonful of Doctor *Mountfords*-water upon his fit, and the like quantity exhibited again when he went to bed, was the next day recovered.

5. A Child about three years old being troubled with grevous Torments, and gripings in the Belly with wind, with nine grains of this Pouder, exhibited with two drops of Speciheal Oyl again the Colick, in a spoonful of stomack water, was eased in few hours.

6. A Child about seven years old, being troubled with Convulsion-Fits, with ten grains of this Pouder, mixed with Spirit of Castor, in a few spoonfuls of black Cherry-Water, Annointing the two Neck-veines near the Eares with a few drops of Oyl of Amber and Cloves, was suddainly recovered

recovered of his fit.

7. A Gentlewoman, near forty years old, being infested with crude and flatuous Humors, so that her friends though her departing, was with twelve grains of this Powder, and two drops of a Cordial-Oil, exhibited in a spoonful of Cordial-water, being had to bed, within three hours recovered, and followed her domestick business.

8. A Youth about twenty years old, much oppressed with wind and crudities of the stomack, with twelve grains of this powder exhibited in two drops of specifical Collick-oyl, as in the fifth experiment with a Cordial-water, was speedily recovered.

9. A Young Maid, about eighteen years old, troubled with fits of the Mother, and Convulsives, with twelve grains of this Powder given her in a few spoonfuls of Piony-water, gathered and

distil'ed in due season, with a drop of Oyl of Cinnamon, and two of Amber mingled together, being held upright before a warm fire, within four hours recovered out of her fit, and went up to her Chamber (though her teeth were set in her head, and small appearance of life) but that only her feet were warm, was discovered in her.

10. A Gentlewoman aged about fifty, being very much troubled with flatuous and crude Humours oppressing the stomack, with sixteen grains of *Gascon*-Powder, and with three drops of Oyl of Oranges, duly prepared, exhibited in one ounce of *Aqua Theriacalis*, being well shaken and mingled together, being exhibited at two several times, that is, at night when she went to bed, disposing for rest, and betimes the next morning found much ease and comfort, and gained some quiet rest that night

night, and shortly recovered.

11. A young Woman aged about four and twenty, not without some suspition of the Plague, having a tumour a long while arising on her groin, with three several doses of *Gascons* Pouder, exhibited at three evenings when she disposed for rest, by twelve grains for every dose in a spoonful of Triacle-water, drinking every morning a spoonful of Spirit of Saffron for those three dayes together, was perfectly recovered, and followed her domestick business.

These and many other Experiments have I with good success tryed, and with Gods blessings recovered divers Patients.

This Pouder is good against Small-Pox, Measles, Spotted or Purple Fever, exhibited in specifical Waters, fit for their several Diseases; It is good in Swouning, and Passions of the heart arising from *Malignant* Vapours

or old Causes, as also in the Plague or Pestilent Fevers, always observing to keep the persons upright, warm, and well covered after their taking it.

The dose of this powder in Children, is from eight to twelve grains, in persons more aged, from twelve to fourteen grains, but exhibite the dose twice or thrice if need requir. In the Plague you may use a greater quantity, with such Medicines as are prescribed in the Child-bearers Cabinet, and it will not be a miss, to mingle it with some *Aqua Theriacalis*.

The Composition of the Oyl called Oleum Magistral, *said to be invented by one named* Aparithus, *a* Spaniard, *being special good to cleanse and Consolidate wounds, especially in the Head.*

Take a quart of the best white Wine you can get, of pure Oyl

of

of Olives three pound, then put thereto these flowers and hearbs following: of the flowers and leaves of Hypericon half a pound, of *Carduus Benedictus*, of Valerian, of the leaft Sage, of each a quarter of a pound; if it be possible, take the leaves and flours of every one of these, then let them all steep twenty four hours in the aforesaid Wine and Oyl: the next day boil them in a pot well sealed, or in a Copper-vessel over a soft fire, untill such time as the wine be all consumed, stirring it alwayes with a spatle; after you have thus done, take it from the fire, and strain it, and put to the straining a pound and a half of good *Venice* Turpentine, then boil it again upon a soft fire the space of a quarter of an hour, then put thereunto of Olibanum five ounces, of Myrth three ounces, of *Sanguis Draconis* one ounce, and so let it boil till the Incense and Myrth be melted, then take it off, and let it stand until it be cold

then put it into a glass Bottole, and set it eight or ten dayes in the Sun, and keep it for your use.

This Oyl, the older it is, the better it is, it must be applyed to the Patient wounded as hot as may be endured, first washing the Wound with white-Wine, boiled with a handful of Incense to comfort, and wiping it clean with a linnen cloth before you dress it, which must be if it come to any bruisings or bilings, twice a day, that is about eight of the clock in the morning in Winter, and at Summer about nine in the morning, & about four in the afternoon, but if they be green wounds you shall not need to change it again untill the next day, neither need the Patient to observe any precise diet.

ADDITI-

ADDITIONS.

A Rare Searcloth with the Virtues.

TAke of Oil-Olive one pound and a half, red-Lead one pound and a half, of white Lead one pound, Castle-sope four ounces, put your oil-olive in a Pipkin, and put thereto your Oil of Bayes, and your Castle-sope, seeth these over a gensle fire of embers till it be well mingled, and melted together then strew a little red Lead, and white, being mingled together in pouder, still stirring it with a spalter of Wood, and so strew in more of your Lead by little and little

little till all be in, stirring it still by the bottome to keep it from burning, for an hour and half together, then make the fire somewhat bigger, till the redness be turned into a gray colour, but you must not leave stirring it till the matter be turned into a perfect black colour as pitch; then drop a little upon a wooden Trencher, and if it cleave not to the Trencher, nor your Finger, it is enough; then take the long-linnen cloathes, and dip them therein, and make your Sear-cloth thereof: they will keep twenty years, let your pouder of your lead be searced very fine, and shred the Sope small.

The Virtues of the Sear-cloath, are:

Being laid to the stomack it doth provoke Appetite, and taketh away any pain in the stomack; being laid to the Belly it is a present remedy for the Cholick; being laid to the back,

is a present Remedy for the Flux, and running of the Reins, heat of the Kednies, and weakness of the Back: it helpeth all Swellings and Bruises taketh away Aches it breaketh Fellons, and other Impostumes, and heale hit em; it draweth out any running Humor, and helpeth him without breaking of the skin, and being applied to the Fundament, helpeth any disease there, it helpeth a bold Sores, and will be made in six hours.

For a Surfeit.

Take three pints of Muskadine, one handful of Rue, one handful of red Sage, boil this together three or four walmes: take a quarter of an ounce of Nutmegs; half an ounce of Ginger, two or three cornes of long-Pepper; beat them all together & boil them until the three pints comes to a quart: strain it and put in it a quarter of an ounce of Mithridate,

half

half an ounce of London-Treacle, a quarter of a pint of ſtrong Angelica water, all theſe being well mixed together, put them up in a glaſs.

It is good for one that hath ſuffered to take three or four ſpoonfuls keeping them very warm in bed, the ſame quantity taken is good againſt the ſmall-Pox, or Meaſles.

It is good againſt the Wind, or pain in the ſtomack, taking one ſpoonful in the morning, or any infection.

An excellent Receipt againſt a Cough of a Conſumption.

Take a quarter of a pound of the beſt Honey, a quarter of a pint of Conduit-water, boil them as long as any white ſcum ariſeth, & take it off, then take a quarter of a pound of the beſt blew Currans, put them on the fire in a pint of faſt water: boil them untill they be tender, then pour the Water from them, and bruiſe them through

rough a hair Sive, and put that yce and Honey together; add to it e ounce of the Pouder of *Liquo-*ce, or e ounce of the pouder of An-ide seeds mix all these together and at them in a galley-pot, and when it cold tye it up, the party troubled ay take of it upon the point of a f morning or evening, as often as e Cough taketh them.

Lucantelions Balsom, admirable for Wounds and many other things.

Take of Venice-Turpentine a cund, Oyl-Olive three pints, yel-w Wax half a pound, of natural alsome one ounce, oil of St. *Johns-Wort* one ounce, of red Saunders oudered an ounce, six spoonfuls of ack: cut the Wax and melt it on he fire, and then left it catch the ire, take it off, put in the Turpen-ine to it, having first washed the Venice-Turpentine thrice with Da-

mask

mask Rose water, and having min-
gled your Sallade-oyl with the Sack
put also the oyl to them, & put them
all on the fire, and stir it till it begin
to boil, for if it boil much it will
run over speedily, then suffer it to
cool for a night, or more, untill the
water and wine be sunk all to the
bottom, then make some holes in the
stuffe that the water may run out
by, which being done, put it over the
fire again, putting to it the *Bullion*,
and the Oyl of Saint *Johns-wort*
an when it is melted, then put the
Sanders to it; stir it well that it may
incorporate, and when it first begin
to boil, take it off the fire, and stir
it the space of two hours, till it be
grown thick, then put it up, and keep
it for your use as most precious, for
thirty or forty years, or more.

The Virtues.

1. It is good to heal any wound
inward or outward, being squirted
warm

rm into the inward Wound, being
plyed to an outward Wound with
ne lint, or Linnen, a nointing also
ose parts thereabouts, it not only
ke h away the pain, but also keepeth
from any Influmation, and also
aweth forth all broken Bones, or
y other thing that might putrifie
festet it, so that the brains or in-
ards, as the Liver, Guts, or part be
ot troubled, it will heal it in four or
ve dayes dressing, so that nothing
applyed thereunto.

2. It also healeth any Burning
d Sealding, and healeth also any
ru se or Cut, being first annoint-
wi h the said Oyl, and a piece of
nen-cloth, or lint dipt in the same,
ing warmed and laid unto the
lace, it will heal it without any Scar
maining.

3. It helpeth the Head-ach by an-
ointing the Temples and Nostrils
e ewith.

4. It is good against the wind-
Cholick,

Cholick, or ſtich in the ſide, ... plied thereto warm with hot cl... morning & evening together, a q... ter of an ounce.

5. It helpeth the biting of a... Dog, or any other Beaſt.

6. It is good againſt the Pl... annointing only the Noſtrils, ... the Lips therewith in the mor... before you go forth.

7. It alſo healeth a Feſtula, ... Ulcer, be it never ſo deep, in any ... of the body, being applyed as a... ſaid is directed for a Cut.

8. It is good againſt Worms, ... Canker, being uſed as in a Cut, ... it will require longer time to ... them.

9. It is good for one infected ... the Plague, Meaſles, ſo as it be ... ſently taken in warm Broth, ... quantity of a quarter of an ou... four mornings together, and ... upon it.

10. It likewiſe helpeth digeſti... annointing the Navel and ſtom... the

with when the party goeth to
d, it will ſtanch any blood of a
en Wound, put in a Plaiſter of
on it and tie it very hard.

11 The quantity of a Nutmeg
Sack Blood-warm, and ſweat
reon, it bringeth forth all man-
of clotted blood, and taketh away
Aches.

12 It alſo healeth the Roſe-Gout
d Scurvy.

13 It helpeth all Pains in Wo-
ns-breaſts, and chops or Wolf that
meth with a bruiſe.

14 It helpeth the ſmall-Pox, be-
annointed therewith without a-
Scar.

15 It helpeth all Sprains and
ellings, and indeed I cannot tell
at comes amiſe unto it.

A moſt

A most certain and proved Medicine against all manner of Pestilence and Plague be it never so vehement.

Take an Onion, and cut it ove thwart, then make a little hole in ther piece, the which you shall fi with fine Treacle, and set the piec together as they were before: an this wrap them in a fine wet linne cloth, putting it to roast, and co vered in the embers, or ashes, an when it is roasted enough, press ou all the juyce of it, and give the Pat ent a spoonful, and immediately h shall feel himself better, and sha without fail be healed.

How to make the Ointment of Tobacco, Joberius.

Take of green Tobacco-leav two pound, of fresh Ho s gr ate di ligently wash it one pound, bruise th herbs

rbs, and infuse it a whole night
ed wine, and then let it boil with
Hogs-grease with a gentle fire,
till the Wine be all Consumed:
n strain it, and add to the Oint-
nt the juice of Tobacco one pound
od and clean Rosin four ounces,
n boil it again till the juyce be
sumed, adding towards the end,
round Birthwort-roots in pouder
o ounces, new Wax four ounces,
so much as is sufficient to make it
o an Ointment.

The Vertues of it are these.

It cures all Tumors, Apostumes,
ounds, Ulcers, Gun shot Botches,
h, stinging with Nettles, Bees,
asps, Hornets, or Venamous
eats, wounds made with Poysoned
rrows, all Burnings and Scald-
ge, although it be with Oyl, or
ightning, and that without any
ar; It doth help all nasty, rotten,
inking, putrified Ulcers, although
they

they be in the legs where the hum
be ready to resort most in Fistul
although the bone be afflicted
scale it without any instrument,
bring up the flesh from the bott
your Face being annointed with
it taketh away suddainly all red
pimples, Sun-burnt, A Wo
dressed with this Ointment, it
never putrifie, it will cure a Wo
when no Tent can search it, it c
the Head-ach, the Temples b
annointed therewith, the ston
being andointed with it, no infirm
ty will harbour there, no not Imp
stums, or Consumption of
Lungs, the belly being annoint
therewith, it helpeth the Chol
and illiack passions, the Wo
(and what not) too tedious
to relate: it helpeth the Emrod
or Piles, it is the best Oinmen
the World for all sores of G
whatsoever, and there can no
come nigh unt oit.

very good conserve for the help of a Consumption and Cough.

Take half a pound of blew-Raisins, the blackest sort is the best, and ne them, and skin them, and two nces of white-Sugar-candy, and ounces of oil of sweet Almond bruise them well, and when they well incorporated together, use it eat morning, noon, and night.

A very special Drink against a Consumption.

Take Colts-foot, Hyssop, Scabious, & Maiden-hair, of each a handful, and a quarter of a pound of s, and cut them in two pieces, a quarter of a pound of Raisins, stone them, and take ten Dates stone them, and so boil them in quarts of fair water, and after hath boiled a little, put into it an ounce of Liquorice scraped,

and

and bruised, and so let it boil on quarter be boiled away, then take off, and when it is cold strain it into a Pot, and drink half a pint each morning, at four of the clock, and so much after Dinner, at four of the clock.

For Worms in Children.

Take Wormseed boiled in Beer or Ale, and then sweeten it with clarified Honey, and let them drink it.

How to drive away the Yellows of the Face that is caused by the overflowing of the Gall. Approved.

Take a great white Onion, and make a hole in the top of it, and then put into it the quantity of a Nutmeg of good Triacle, and then stop the whole again with the said piece that is cut out of it, but mingle the Triacle with Saffron powdered; and being

ling done, roast the Onion in hot mbers, being wrapped up in wet per, and when it is well roasted, ing out the juice thereof heard, and ve the party this drink in the morn-g, and sweat an hour after it, and continue for three mornings toge-er, and then let the party take a mile Purge. *& Fiat.*

An excellent Medicine for the Dropsie, made for Queen Elizabeth *by Doctor* Adrian, *and Doctor* Lacy. *Proved.*

Take Polipodium, Spikenard, mat, Ginger, Marjoram, Galin-l, Setwell, *ana.* a penny weight, Se-leaves and cods, so much as all reest grossly beaten; put them in-bag, and hang it in an earthen of two gallons of Ale, and every ur dayes cover the pot with new em, and drink no other drink for dayes, and this shall purge all ill mours out of the Body, neither

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off, and when it is cold strain it
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m, and drink no other drink for
dayes, and this shall purge all ill
mours out of the Body, neither

will it let the blood putrifie no
flegm to have domination, nor Ch
ler to burn, nor Melancholly to ha
exaltation, it doth encrease Blood
and helpeth all evil, it helpeth a
purgeth Rheum, it defendeth
Stomack, it preserveth the body, an
ingendreth good colour, comforts
the sight, and nourisheth the Mind

For the Dropsie that swelleth.

Eat water-cresses, and Raisins
use it often, and it will send dow
the Disease into the Legs and fe
and when it is there, take the gre
bark of Elder in the Winter, and
crops in summer, and boil them w
in fair water and Oat-meal to
Poultess, and apply it to the gu
and this will heal it.

The Celestial water in the World for the Eyes.

Aqua Celidonia, Aqua Euphrasia, Aqua Finicula,	}	of each a quarter of a pint.
Lapis Tutia, Lapis Calaminaris,	}	of each a dram

An excellent Water for one that is near, or in a Consumption.

Take Milk three pints, red-Wine one pint, twenty four yolks of new laid Eggs, beat them very well together, then add so much white-Bread as will drink up the Wine, and put to it some Cowslip, flowrs, and distil them, and take a spoonful first and last in broth made of a Chicken, or Mutton, and in one moneth it will cure any Consumption.

For to stay Vomiting presently.

Take a little Mastick, and put it upon a hot Coal, and set a Funnel over it, and receive the fume into your mouth, and let it go into your Stomack, *& sic.*

Doctor Teucables *green Balsom.*

Take in the moneth of May, Rosemary-tops, Wormwood, Balm, and Rue, *ana.* two ounces, red Sage and Bay-buds, *ana.* four ounces, Sheeps-Suet twelve ounces, beat all this very well together in a stone Morter, till it be all as a Salve, then put it into a clean Pipkin well stopt, and let it for eight dayes in a cold place, then put it all in a clean brasse Chafer and adde to it a pound of swee Sallade-oyl, and as many of the fai Herbs as aforesaid well brussed, and let them boil over a soft fire very softly, the space of an hour, and stir them all the time with a wooden Spatula,

Spatula, then take them from the fire, and presently put into it an ounce of Spike oil, and stir them together, then with a spoon take off the oily substance from the Hearbs, and then strain it into a Gally pot; and keep it very close stopt, and set it in a cool place, it will keep good two or three years.

The Virtues are these.

The virtue of the said Balm is in all perfection good to cure all that is here under written, and the said Oil is good to any wounds either inward or outward; Proved; being inward squirted into the said wounds warm, and outward, being applied with fine line, or linnen, and anointing all the parts thereabouts.

1. It doth not only take away the pain, but it doth also keep it from inflammation, and draweth forth also all broken bones, or any thing

else that may putrifie or fester, if the Brains, Heart, Guts, Liver be not touched, it will heal in four or five times dressing, if no other thing be applyed thereunto.

2. It healeth any burning or Scalding by fire, or water, or by any other means; it healeth any.

A most excellent Powder, much used by a Person of Quality, lately Deceased, with the Virtues.

Take Pearl Magistrale prepared, Corral red and white prepared, prepared Amber, prepared Harts-horn of each half an ounce, *Contra Yerua* one ounce; mingle them well together, then take three ounces of the black claws of Crabs before they be sodden, they must be taken in *June* or *July*, the Sun being in *Cancer*, mingle all well together, then put to it four ounces of white Sugar candy poudered, and mingle with the

Sugar

Sugar candy, Ambergrice, Musk, Citron-seed skinned, *ana* ten grains; beat the seeds, Sugar-candy & Ambergrice by themselves, very fine in a stone Mortar, all the rest must be passed through a fine Searce, then make a strong gelly of Harts-horn being boiled with white-Wine, and infuse therein Saffiron powdred two drachms, and with this Jelly perfume the pouder, being all mixt into a paste, so make it up into little balls, and set them in a warm Oven to dry, and then put them up to your use, the closer they be kept the better.

The Virtues of this powder is most excellent.

1. For to bring out the Smalls Pox, or if they be come out, take ten grains in Dragon-water each three hours, for nine hours.

2. For the Plague take ten grains in Dragon-water each three hours,

for nine hours, and sweat and keep your self warm.

3. For a Hepti'ck, take for nineteen dayes together, six grains every morning in Borrage-water.

4. For a Consumption, in Egrimony-water, take six grains for fourteen dayes together.

5. For the Cough of the Lungs, six grains, in half Bettony, and half Hylop-water, for fourteen dayes.

6. For an Ague or feaver, for three dayes; every third day take seven grains every three hours for nine hours in Carduus-water.

7. For Poison twelve grains boiled in a little Milk.

8. For a woman that is sick after Labour, take seven grains every three hours for nine hours in Egrimony-water.

9. There

9. There is no Unicorns-horn comparable to it, in contagious times it is good to take five grains every morning in a little Sack.

10. For the passion of the heart, and Convulsion fits, seven grains in Borrage water, and it is a great preserver of health, working only as a Cordial, and you may safely take ten, twelve, fourteen, or sixteen, or eighteen, or twenty grains at once for a full dose.

11. And if it be a great Feaver, small-Pox, Plague, Poison, or for a Woman in Labour, put into every Dose three grains of Bezoar-Orientall.

How to strengthen the Back, and to make one Lusty.

Take half a pint of Malmsey, and a handful of the pith of an Ox back, but take the pith out from the skin,

then take four or five ſtalks of Artichoaks, and take the pith out of them, but firſt cut the ſtalks into pieces ſo long as your finger, and then parboil them well, and then put it to the other things, and boil it gently to a Jelly, and when you have done ſo let it be cold, and then eat it upon the point of a knife, morning and evening, and at any time of the day, ſo much as you ſhall think fitting, and if you would have it pleaſant, make it ſweet with white Sugar-candy, but not with Sugar.

For one that cannot make his Water.

Take Thyme and ſteep it in white Vinegar, one night or more, then take of this three ſpoonfuls, blood-warm, after that you have eaten, a morning, noon, and night.

How

How to help a stinking Breath that cometh from the Stomack.

Take two handfuls of Cummin-seeds, and beat them to pouder, and seeth it in a pottle of white-wine, untill half be boiled away, and then give the party a good draught thereof first and last, morning and evening; as hot as he can suffer it, and in fifteen or sixteen dayes it will help.

For the Seiatica, or the Gout, my Lord of Suffex Medicine, called Flesh-Unguetors.

Take of Rosin half a pound, of Perosin half a pound, of Virgins-Wax four ounces, of Olibanum four ounces, of Mastick half an ounce, of Sheeps tallow, or of harts-tallow two ounces, of Camphire three drachms, and of Turpintine three ounces.

The

The way to make it.

First beat all your Gums aforesaid, every one by themselves, then take your Tallow and your Wax and set them together on the fire, that done, put in your Rosin, then your Perosin, then your Olibanum, and last of all your Mastick; and when all is relented together over a soft fire of Coals, then strain it through a thin Canvas cloath into a bottle of white-Wine; and then let them all boil together again untill half the Wine be wasted and sod away; then take it from the fire, and let it cool, then afterward when it is almost cold annoint your hands with the Oil of sweet Almonds, and work it up in rouls like Wax rouls, and in the time of the working thereof, cast in your Camphire beaten in fine pouder by it self alone; this observe that before you put in your Camphire into the Mortar for to be

beaten

eaten into pouder, you must always
et in the same Mortar two or three
lmonds, for else your Camphire
ill not be made into Pouder

The ordering of the same Medicine.

First you must spread it upon a fine
innen cloath, plaister-wise, and so lay
upon every joynt where the pain is,
ut before the laying of your Plaister
ou must annoint all your Joynts
ith the oil of Roses, and the stuff of
our plaister must be half an inch
ick, & according unto the property
f the same, you must let it stick and
ing where you lay it for the space of
ine or ten daies together, notwith-
anding it doth put you to some pain
r itch in the meantime, yet you must
n any-wise let it lie on still, for it will
oth draw out the sinews by little
mall Pimples, and also heal it again,
nd this one Plaister must serve dur-
ng all the time of your disease with-
ut any manner of renewing. *Prob.* of
itness by my Lord of *Suffolk*.

A TABLE

A TABLE OF THE Contents OF THE ADDITIONS.

B

Lucanelions *Balsome, admirable for Wounds, and many other things.* 211

The

The Virtues 212,213,214,215
Dr. Turnebles green Balsome, with its Virtue 224,225,225
How to strengthen the Back 219
How to help a stinking-Breath that cometh from the Stomack. 231

C

An excellent Receit against a Cough of a Consumption, 110
A very good Conserve for the help of a Consumption and Cough 220
A special drink against a Consumption ibid.
An excellent Water for one that is near or in a Consumption 213

D

An excellent Medicine for the Dropsie, made for Queen Elizabeth by Doctor Adrian, and Doctor Lan. 211
For the Dropsie that swelleth, 212

E

he Celestial Water in the world for the Eyes. 223

G

or the Gout, 231

L

ow to make one Lusty. 229

P

most certain and proved Medicine against all manner of Pestilence, and Plague, be it never so vehement. 216

most excellent Powder much used by a Person of Quality, late Deceased, with its Virtues. 216, 227, 228, 229.

S

A rare ſear-cloth, with the Virtu 20
For a Surfeit 2
For the Sciatica, or the Gout, my L
of Suſſex *Medicine, called* H
Unguetois, *the manner of mak*
and ordering the ſame, 23
2

T

How to make the Ointment of Tob
Jobertus, *with its Virtues,* 2
2

U

For to ſtay Vomiting preſently, 2

The Contents.

W

r Worms in Children. 220
r one that cannot make his water, 239

Y

w to drive away the yellow of the Face, that is caused by the overflowing of the Gall. 220

FINIS.

The Contents.

IV.

A 1037. a

True Gentlewomans DELIGHT.

Wherein is contained all manner of COOKERY:

Together with PRESERVING, CONSERVING, DRYING and CANDYING.

Very necessary for all Ladies and Gentlewomen.

Published by *W. G.* GENT.

LONDON,

Printed by *Gartrude Dawson*, Living in White Cross-street in the Bowling-Alley. 1663.

the Virtuous and most

lopeful Gentlewoman, Mris. Anne
Pile, *Eldest Daughter of the*
Honouble Sir Francis
Pile *Baronet,*
deceased.

oſt accompliſht LADY,

He many ſingular Favours,
which I have received, not
onely from your worthy ſelf,
alſo from your thrice noble
ogenitors, juſtly oblige me by all
duties of gratitude, to tender
uſt acknowledgment: I wiſh the
ne heart, that for many and juſt
nes truly honours you, had any
ſent worthy your acceptance.
ow ſhall it be your ſingular good-
s to patronage this ſmall Trea-
, which (if I miſtake not) carries
with

wi h it two parts, Delight, an
Utility, I doubt not then, but th
it will find a general acceptance a
mong all those, who are any way th
least lovers of such pleasing and a
delightfull studies. I intend not t
paraphrase upon its worth, its u
and singular profit, which abun
dantly speaks second unto none th
hath been published of the likena
ture: so hoping you will according
ly esteem of it, I beg pardon for m
boldness, and rest ever,

A true and faithful,

honourer of your trans-

parent Virtues,

W. J

TO THE READER.

FRIENDLY READER,

HEre thou haſte a ſmall Treatiſe entituled, A True Gentlewomans Delight, preſented to thy view: be ſo courteous as to read before thou cenſure. If then the effect be anſwerable to the name, I ſhall be right glad: If there be any Errors, it will be no error, but a ſingular token of thy exemplar humanity to paſs it by, and ſign it with thy pardon, for which I engage my ſelf.

Thine on the

like occaſion

W. L.

A Table of the Contents.

A

To make Apple Cream 5
To fry Apple-Pies 16
To make an Artechoke-Pie 27
To make Angellets 31
To preserve Apricocks 43, 56
To make Apricocks-Cakes 44
To candy Apricocks 59
To make Cakes of Almonds 60
To preserve Angelico roots 62
To make Almond Butter 75
To make flesh of Apricocks 76
Lady of Arundels Manchet 118

B

To bake Beef like red Deer 19
To make fresh Broth 30
To pickle Boom-buds 35
To make bisket-Bread 48

To make Paste of Barberries or English Currans 51
How to make Pap of Barly 58
A Broth to drink 71.73
A Broth to eat on fasting dayes ibid.
How to stew Beef 75
How to boil Brawn 82
To boil a Gammon of Bacon ib.
To bake a Gammon of Bacon 95
To bake Fillets of Beef, &c. 94
How to souce Brawn 105
How to make Bonny Clutter 106
How to make draw Butter 117

C

How to make a Christal Jelly 2
How to make clouted Cream 4
How to make Quince Cream 5
How to make a fresh Cheese ibid.
How to make Codling-Cream 6
How to make Cheese-cakes ibid.
How to make a slipcoat Cheese 11
How to make Cheese-loaves 13
How to make Curd cakes 16
How to make a Chicken Pie 18
A good way to stew Chickens 31

How

How to pickle Cowcumbers 33
To do Clove Gilliflowers up for Sallets ing all the year 34
How to preserve Curraus 42
How to make a Calves foot Pie 66
To boil a Capon with Brewis 68
How to make a Spice Cake 69
How to boil a Chicken, &c. 72
To make a Candle 74
To dry Cherries 79
To boil a Capon in white Broth 82
To boil Chickens and Sorrel-sops 84
To stew Calves-feet 87
To stew cold Chickens 90
To make paste for a Custard 93
To bake Calves-feet 94,125
To bake a Chicken-Pie 96,100
To fry a Chicken 104,105
To make a tart of Cherries 112
To boil Cream 117
A Calfes Head Pie for Supper 124
A Frigasie of Chickens 131
To make a Cake 132
To souce a Calves-Head 137

D

How to make a made Dish 15
How to make a forc'd Dish of any cold meat 26
How to make a forced Dish of a Leg of Mutton or Lamb 27
How to boil a Duck 28, 139
How to preserve white Damsons 45
How to preserve Damsons 7, 57
How to make fine Diet-bread 57
How to boil a Duck with Turnips 84

E

How to make Essings 65
How to souce Eels 107
How to souce an Eele 136

F

How to make a white Fool
How to make a Fool
How to make Furmenty 15

How

How to candy all kind of Fruitage, as Oranges, &c. 61
How to candy all kind of Flowers ib.
How to boil Flounders, &c. 76
How to boil divers kind of Fish 86
To bake a Florentine 98
To make Fritters 105
To marble Fish 110

G

To make a Goosberry Fool 6
To make a Goosberry Custard 7
To make Grout 36
To make Goosberry Tarts 40
To preserve Goosberries 41
To make Goosberry Cakes 42
To do Goosberries like Hops 43
To preserve Grapes 47
To preserve Grapes to look clear and green 50
To make paste of Goosberries 51
To souce a Carp or Gurnet 70

H

To bake a Hare 85

To roast a Hare 99
To make a Tart of Hips 113
A Hartechooke Pie 113

I

To make an excellent Jelly
To make a Jelly of Marmalet 37
To make a Junket 114

K

A Florendine of Kidnies. 119

L

To make Leach 11
To make yellow Leach ibid.
To fry a Coast of Lamb 28
To make Cakes of Lemons 47
To candy Lemons and Oranges 59
To make white Lemon Cakes 61
A Lamb Pie 120, 121
A Larke Pie 121
A Frigasie of Lamb 131

M

To make saute for a Shoulder of Mutton 115, 120
To roast a Shoulder of Mutton with Thyme 120
To roast a Shoulder of Mutton with Oysters ibid.
To boil a leg of Mutton 32
To preserve Medlers 41
To make Mackaroons 44
To preserve Mulberries 45
To boil a Mallard, &c. 84
To stew a Mallard 88
To roast a Shoulder of Mutton 101

To roast a Leg of Mutton 102
To roast a neck of Mutton ibid.
To roast a Chine of Mutton 103
To roast a Gigget of Mutton 104
To make a Tart of Medlers 112
To scald Milk after the Western fashion 114
To harsh a Shoulder of Mutton 133
To make a Leg of Mutton three or four dishes.

N

To make broth for a Neates-Tongue 70
To roast a Neats-tongeu. 100
A hot Neats-tongue for supper 127
A cold Neats-tongue Pie. Ibid.

O

To pickle Oysters 35
How to make paste of Oranges and of Lemons 52
How to preserve Oranges 78
A Oyster Pie 122

P

How to make a Sack Posset 10
How to make black Puddings 21
How to make white Puddings 22
How to make Almond Puddings 23
How to make a Pudding to bake Ib.
How to make a boil'd Pudding 24
How to make a Cream Pudding to be boiled. 25

The Contents.

How to pickle Purslain 34
How to make a Jelly of Pippins 38
To preserve Pippins white 46
To make Paste Royal in Spice 53
To candy Peares, Plums &c. 54
To make Paste Royal white &c. ib.
How to preserve Pomecitrons 62
How to make a very good Pie 67
How to make a fine Pudding 71
How to make a Ponade 74
How to souce a young Pig 76
How to dry Peaches 79
To boil a Pig in white Broth 85
To stew a Pullet or Capon 90
To make Paste for a Pasty of Venison ibid.
To make Paste for a Pie to keep long 91
To make Paste for Buttered Loaves 92
To make Paste for Dumplins ib.
To make Puffe-Paste 93, 129
To make an Italian Pudding 98
To roast a Pig with a Pudding in the belly 101
To souce a Pig 107

To

To make a Tart of green Pease 111
To make a Pippin tart 113
To make a Pudding in haste 116
To make a Pudding in a dish ibid.
To boil Pigeons 118
A Pork Pie 110
A Potato-Pie for Supper 128
Pigeon or Rabbet Pie ib.
To make a Pudding 130

Q

To keep Quinces all the year 32
To preserve white Quinces 40
To make Quince Cakes 46
To preserve Quinces red 48
To make flesh of Quinces 77
To bake Quinces or Wardens, &c. 95

R

To preserve Raisberries 40
To candy Ringus Roots 63

The Contents.

To boil a Rabbet 83, 139

To stew a Rabbet 89, 137

To make a tart of Rice 111

A Frigasie of Rabbets 134

S

To stew Sauce sedges 28

To make Sugar Cakes 66

To make Simbals 67

To make a Sallate of all manner of Hearbs 87

To stew stakes between two dishes ibid.

To stew Smelts or Flounders 89

To bake a steak Pie 97

To make a Tart of Strawberries 112

A Skerrit Pie 124.

T

To make a Tansie 17, 19

To make black tart stuffe 34
To make yellow tart stuffe ib.
To make gallendine-sauce for a turkey 31
To stew Trouts 88
To bake a Turkey 94
To fry tongues 106
To souce a Teneh or Barbel 108

U

To make Cakes of Violets 47
To make Oyl of Violets 6
To boil Veal 80
To make Chucks of Veal 96
To roast a breast of Veal 99
To roast a Haunch of Venison 103
To roast a Shoulder or Fillet of Veal ibid.
To souce a Breast of Veal 198
To souce a Fillet of Veal 110
To marble Beef, Mutton, or Venison ibid.
A Frigisie of Veal 130

The Contents.

W

To make a Whitepot 26 115
To make white broth with a Capon 29
To preserve green Walnuts 39
To make a Tart of Wardens 111

A TRUE GENTLEWOMANS DELIGHT.

To make an excellent Jelly.

TAke three gallions of faſt water: boil in it a Knucle of Veal, and two Calfes feet ſlit in two, with all the fat clear taken om between the claws, ſo let them oil to a very tender jelly, keeping it ean ſcumed, and the edges of the t always wiped with a clean oth, that none of the ſcum may oil in, then ſtrain it from the meat d let it ſtand all night, the next orning take away the top and bottome, and take to every quart

quart of this jelly, half a pint o
Sherry-Sack, half an ounce of Cin
namon, and as much Sugar as wi
season it, six whites of Eggs ver
well beaten, mingle all these toge
ther, then boil it half an hour, an
let it run through your jelly-bag.

To make a Christal Jelly.

Take two Calves-feet, fley them
and lay them in fair spring-Water
with a Knuckle of Veal, shift it i
half a dozen waters, take out the fa
betwixt the claws, but do not brea
the bones, for if you do, the Mar
row of the bones will stain the jel
ly; when they are soft and pick
very clean, boil them very tender i
spring-Water, when they be boiled
tender, take them up, and use them
at your pleasure to eat, let the Brot
stand in an earthen-Pot or Pipkin
till it be cold, then take away the
bottome and the top, and put the
clear into a fair Pipkin, put into i
half a pound of fair Sugar-candy
or other Sugar, three drops of O

Nutmeg, three drops of Oyl of ace, and a grain of Musk, and so it boil leisurely a quarter of an ur, then let it run through a Jelly-g into a Galley-pot, when it is ld you may serve it in little care-s lumps being taken out with a hild's spoon, and this is the best way make your Christial-Jelly.

To make Apple-Cream at any time.

Take twelve Pippins, pare and lit them, then put them in a Skillet, nd some Claret-wine, and a race f Ginger, shred thin, and a little emon-pill cut small, and a little ugar, Let all these stand together ill they be soft, then take them off nd put them in a Dish till they be old, then take a quart of Cream oil with a little Nutmeg a while, hen put in as much of the Apple uffe, to make it of what thickness ou please, and so serve it up.

To make a Trifle-Cream.

Take some Cream and boil it with

with a cut Nutmeg, and Lemon
a while, then take it off, cool it a l
tle, and season it with a little Ro
water and Sugar to your taste
this be put in the thing you serve
in, then put in a little Runnet
make it come, then it is fit to eat.

To make Clouted Cream.

Take three gallons of new Mil
set it on the fire till it boileth, ma
a hole in the middle of the Crea
of the Milk, then take a pottle
three pints of very good Cream, p
it into the hole you made in t
middle of the Milk, as it boiler
and let it boil together half an hou
then put it into three or four Mil
pans so let it stand two dayes,
the weather be not too hot, then ta
it up in clours with a scummer,
a slice, and put in that which y
will serve it in, if you like it seaso
ed, you may put some Rose-wat
between every clout as you lay on
upon another with your slice

Dish you mean to serve it in.

To make Quince Cream.

Take the Quinces and put them boiling water unpared, then let m boil very fast uncovered, that may not colour, and when they very tender, take them off and l them, and beat the pap very ll with Sugar, and then take raw eam and mix with it, till it be of thickness to eat like a Cream, but ou boil the Cream with a stick of nnamon, I think it the better, but must stand till it be cold before you it to the Quinces.

To make a fresh Cheese.

Take a pint of fresh Cream, set on the fire, then take the white of Eggs, beat them very well, and ing in the juyce of a good Le- on to the whites, when the Cream hs up, put in the whites, and r it about till it be turned, and n take it off, and put it into the se-cloth, & let the whay be drawn

from

from it, then take the curd & pound in a stone mortar with a little Rose water & Sugar, and put it in an earthen cullender, and so let it stand till you send it to the table, then put it forth to a dish, put a little sweet Cream to it, and so serve it in.

To make a Codling Cream.

After your Codlings be through cooled and yielded, put them into a silver-dish, & fill the dish almost half with Rose-water, and half a pound of Sugar, boil all these liquor together until half be consumed, and keep it stirring till it be ready, then fill up your dish with sweet Cream, and stir it till it be well mingled, and when it hath boiled round about the dish, take it up, sweeten it with sugar, and serve it cold.

How to make a Gooseberry Fool.

Take your Gooseberries and pick them, and put them into clean water and boil them till they be all

k that you cannot discern what , to the value of a quart, take six s of Eggs well beaten with Rose- er, and before you put in your gs season it well with Sugar, then ain your Eggs, and let them boil a le while, then take it up, put it in a oad dish, and let it stand till it be ld, thus it must be eaten.

How to make a white Fool.

Take a quart of Cream, and set it er the fire, and boil it with whole- innamon, and sliced Nutmeg, and gar, then when it is almost ready, t the white of six Eggs well beaten h Rose-water, & scum of the froth om them, & put it into the Cream, d boil it together a pretty while, en season it & take the whole spice ut of it, & put it up in a broad dish, nd when it is cold, then it must be ten.

To make a Goosberry Custard.

Take as many Goosberries as u please, boil them till they be soft

soft, then take them out, and let them stand and cool, and then drain them draw them with your hand through a Canvas strainer, then put in a little Rose water, Sugar, and the whites, and stir them altogether put them in a skillet, and stir them apace, else they wil burn, let them stand and cool a little while, and take them off, & put them in a glass

TO make a Fool.

Take two quarts of Cream, set it over the fire, and let it boil, then take the yolks of twelve Eggs, and beat them very well with three or four spoonfuls of cold Cream, before you put the Eggs into the hot Cream, take three or four spoonfuls of the Cream out of the Skillet and put into the Eggs, and stir it together, and then strain the Eggs into the Skillet of hot Cream, stirring it all the time to keep it from turning, then set it on the fire; and let it boil a little while,

but

keep it still stirring for fear of ning, then take it off, & let it stand ool, then take two or three spoon- ls of sack, and put it in the dish, & me four or five sippets & put them the dish, set the dish and sippets a ying & when they be dry that they g to the dish, sweeten the Cream pour it in the dish softly, because sippets shall not rise up, this will ake three dishes, when it is cold it fit to be eaten.

To make Cheese-Cakes.

For the crust take half a pint of wer, and four spoonfuls of cold ter, and three parts of a quarter a pound of Butter, beat and ead these together and put the st asunder several times, then roul square, and turn it over, then take pint of Cream, and seven Eggs, d a quarter of a pound of Sugar, d a quarter of a pound of Cur- s plumpt before you put them in, d a whole Nutmeg grated on a

knif, and ſome *Pepper* beaten, but not too much, it muſt be gently boiled and ſtirred as you do buttered Eggs, the ſtuffe muſt be cold, and then put in the Coffin, and ſo bake it.

To make a Sack-Poſſet.

Take two quarts of pure good Cream, a quarter of a pound, of the beſt Almonds, ſtamp them in the Cream, and boil Amber and *Muſk* therein, then take a pint of *Sack* in a Baſon, and ſet it on a chafing-diſh till it be blood-warm, then take the yolks of twelve Eggs, with four whites, and beat them very well together, and ſo put the Eggs into the *Sack*, and make it good and hot, let the Cream cool a little before you put it into the Sack, then ſtir altogether over the coales, till it be as thick as you would have it, if you take ſome Amber and *Muſk*, and grind it ſmall with Sugar, & ſtrew on the top of the poſſet it will give it a moſt delicate and pleaſant taſte.

To make Leach.

Make your Jelly for your Leach with Calves-feet, as you do your ordinary Jelly, but a little stiffer, and when it is cold take off the top and bottome, and set it over the fire with some Cinnamon and Sugar, then take your Turnsele, being well steept in Sack, and crush it, and so strain it into your Leach, and let it boil to such a thickness, that when it is cold you may slice it.

To make yellow Leach.

Your yellow Leach is just the same, but instead of Turnsele, you must colour it with Saffron, and when it is boiled enough, then put in your Saffron, and not before, it must not boil in it.

To make a Slipcoat-Cheese.

Take five quarts of new Milk from the Cow, and one quart of water, and one spoonful of Runnet, and stir it together, and let it stand till it doth come then lay your Cheese-cloth into the Vate, and take

take up your curd as fast as you can without breaking, and put into your Vate, and let the Whay soak out of it self, when you have taken it all up lay a cloth on the top of it, and one pound wait for one hour, then lay two pound wait for an hour more, then turn him when he hath stood two hours, lay three pound on him for an hour more, then take him out of the Vate, and let him lie two or three hours, and then Salt him on both sids, when he is salt enough take a clean cloth and wipe him dry, then let him lie a day or a night, then put Nettles under and upon him, and change them once a day, the Cheese will come to his eating in eight or nine dayes.

To make Cheese Loaves.

Take the curds of a tender new-milk-Cheese, and let them be well pressed from the Whay, and then break them as small as you can possible, then take Crums of Manchet, and

& yolks of Eggs, with half the whites and some sweet Cream, and a little fine flower, mingle all these together and make a paste of it, but not too stiff, then make them into little loves and bake them, when they be baked cut off the tops and butter them, with Sugar, Nutmeg, and melted Butter, and put it in with a spoon, and stir it altogether, then lay on the tops and sear them with scraped Sugar.

How to make a very good Tansie.

Take fifteen Eggs, and six of the whites beat them very well, then put in some Sugar and a little Sack, beat them again, then put about a pint or a little more of Cream, then beat them again, then put in the juyce of Spinnage or of Primrose-leaves, to make it green, then put in some more Sugar, if it be not sweet enough, then beat it again a little, and so let it stand till you fry it then the first course is in, then fry with a little sweet Butter, it must

be ſtirred and fryed very tender: when it is fryed enough, then put it in a diſh, and ſtrew ſome Sugar upon it, and ſerve it in.

To make black Tart ſtuffe.

To a dozen pound of Prunes take half a dozen of Malago Raiſins, waſh and pick them clean, and put them into a pot of water, ſet them over the fire till all theſe are like pulpe, and ſtir them often leaſt they burn too, then take them off, and let them be rubbed through a hair Sive hard with your hands, by little and little till all be through, then ſeaſon them to your taſte with ſcarced Ginger.

To make yellow Tart ſtuffe.

Take four and twenty Eggs, and beat them with Salt together, and put it into a quart of ſeething Milk ſtirring it until it caudles, then take it off, and put it into a napkin, hanging it up till all the Whey be run through, when it is cold, take it and grind it in a ſtone mortar with

Sac-

Sack and Sugar to your taſte; and otherwiſe to make it look white, leave the yolks, and inſtead of Sack put in *Roſe*-water.

To make a made Diſh.

Take a quarter of a pound of Almonds, beat them ſmall, and in the beating of them put in a little Roſe-water to keep them from Oyling, ſtrain them into Cream, then take Artechoak bottomes, and *Marrow*, and boil the rednes of the *Marrow* out, then take a quart of Cream, and boil it with Dates, Roſe-water and Sugar, and when it is boiled to a convenient thickneſs, take it off, and take your Artechoak and pare off the leaves and lay them into a diſh, and ſome Marrow upon them, then pour ſome Cream upon them, then ſet it on coals till you ſerve it in.

A ſauce for a Shoulder of Mutton.

Take a few Oyſters and ſome ſweet hearbs, and an Onyon, and a pint of white-Wine, and a little beaten Nutmeg, a little Salt, and a

large mace a little Lemon pilled, &
a little ſugar, a little leaker poſſet, if
you have no Oyſters take Capers in
the room of them, & ſome gravy of
the Mutton.

To fry Apple pies.

Take Apples and pare them, and
chop them very ſmall, beat in a little
Cinnamon, a little ginger, ſome Su-
gar & a little Roſe-water, take your
paſte, roul it thin, and make them up
as big pitties as you pleaſe, to hold a
ſpoonful or a little leſs of your Ap-
ples, and ſo fry them with butter not
too haſtily, leaſt they be burned.

To make Curd Cakes.

Take a pint of Curd, four Eggs
take out two of the whites, put in
ſome Sugar, a little Nutmeg, and a
little flower, ſtir them well togethe
and drop them in, and fry them with
a little Butter.

To make Furmenty.

Take a quart of ſweet Cream, two
or three ſpriggs of *Mace*, and
Nutmeg

Nutmeg cut in half put into your Cream, so let it boil, then take your French-Barley or Rice, being first washed clean in fair water three times, and picked clean, then boil it in sweet Milk till it be tender, then put it into your Cream, and boil it well, and when it hath boiled a good while, take the yolk of six or seven Eggs, beat them very well, to thicken on a soft fire, boil it and stir it, for it will quickly burn, when you think it is boiled enough, sweeten it to your taste, and so serve it in with Rose-water, and Musk-sugar, in the same manner you may make it with Wheat.

To make an Artechoak Pie.

Take the bottome of six Artechoaks, being boiled very tender, put them in a Dish, and put some Vinegar over them, season them with Ginger, and Sugar, a little Mace whole, putting them into a Pie, and when you lay them in, lay some Marrow and Dates sliced in and a

few Raisins of the Sun in the bottome, with good store of Butter, so close the Pie, when it is half baked take a dish of sack, being boiled first with Sugar, and a Pill of Orange, put it in your Pie, and set it in the Oven again till you use it.

To make a Chicken Pie.

Make your paste with good store of Butter, and yolks of *Eggs*, and Sugar, then take six small Chickens, takeing out the *Breast*-bone, & trussing them round, take two Nutmegs and a good quantity of Cinnamon, and put it in little pieces, take two yolks of Eggs, and beat them with six spoonfuls of verjuyce, then take your juyce and verjuyce, and a little salt, stir them well together, take a good deal of *Butter*, and melt in the verjuyce, and put it in the bellies of the chickens, so lay them in the pie with butter under them, then take half a pound of Currans washed and dryed,

dryed, so lay them on the top of the Chickens, with a piece of Marrow, Barberries, Grapes, and good store of Butter and Sugar, as will season it, a little before you draw out your Pie, put in Verjuyce and Sugar boiled together.

To bake Beef like red Deer.

Take a pound of Beef and slice it thin, and half a pint of good wine-Vinegar, some three Cloves, and Mace above an ounce, three Nutmegs, pound them altogether, Pepper and Salt, according to your discretion, and a little Sugar, mix these together, take a pound and a half of Suet shred, and beat it small in a morter, then lay a row of suet, a row of Beef, strow your spices between every lane, then your Vinegar, so do till you have laid in all, then make it up, but first beat it close with a rowling-pin, then prese it a day before you put it in your paste.

To roast a Shoulder of Mutton with Thyme.

Draw your Shoulder of Mutton and when it is half roasted save the gravy, and cut a good deal of the inside of it and mince it gross, and boil it in a dish with the gravy, and Thyme, Claret-wine, and slices Nutmeg, and when your Shoulder is roasted, lay it in the dish with slices lemon, but remember to scorch your Mutton in roasting, as you do when you boil it.

To roast a Shoulder of Mutton with Oysters.

When you open the Oysters save the liquor, then season them with Pepper, and a little Cloves, and Mace, and Herbs finely chopped, and the yolks of two or three Eggs chopped small, and some Currans parboiled a little, then stuffe your Shoulder of Mutton thick with your Oysters, then season it, and lay it to the fire, and roast it, then take the rest of your Oysters, and

boil

oil them with a little white-Wine, nd ſome Butter, this is ſauce for our ſhoulder of *Mutton*, when your yſters are opened, you may perboil e n in their own liquor, then take em out and ſeaſon them.

To make Angellets.

Take a quart of new Milk, and a int of Cream; and put them toge- her with a little Runnet, when it is ome well take it up with a ſpoon, nd put it into the Vate ſoftly, and et it ſtand two dayes, till it is pretty iff, then ſlip it out and ſalt it a little both ends, and when you think it s ſalt enough, ſet it a drying, and ipe them, and within a quarter of a ear they will be ready to eat.

To make black-Puddings.

Take your bloud when it is warm ut in ſome ſalt, and when it is roughly cold, put it in your groats ell picke, and let it ſtand ſoaking a ight, put in the hearbs, which muſt be

be Rosemary, large Savory, Penn
boyal, Thyme, and Fennel, th
make it soft with putting of go
Cream hot until the blood look pa
then beat four of five Eggs, whi
and all, and mingle it, then season
with Cloves, Mace, Pepper, Fenne
seeds then put good store of beef-s
et in your stuff, and mince your h
not too small.

To make white Puddings.

After the humbles be very tend
boiled, take some of the lights wi
the hearts, and all the flesh and fat
bout them picking from them all t
sinews, and skin, then chop the me
small as can be, then put to it a lit
of the Liver very finely scarced, son
grated bread scarced, four or fi
yolks of Eggs, a pint of very goo
Cream, a spoonful or two of Sack,
little Sugar, Cinamon, Cloves an
Mace, a little Nutmeg, a few Carra
way-seeds, a little Rose-water ming
led with a good deal of swines fat,
little Salt, soul it in souls two hour

efore you go about it, let the fat side f the skin be turned and steeped in Rose-water till you fill them.

To make Almonds Pudding.

Take a pound of Almonds blanch-d, and beat them very small with a ittle Rose-water, boil good Milk with a flake of Mace, and a little sli-ed Nutmeg, when it is boiled, take t clean from the Spice, then take the uantity of a penny loaf, grate it, nd scarce it through a Cullender, nd then put it into the Milk, and et it stand till it be pretty cool, then ut in the Almonds, and five or six olks of Eggs, and a little Salt, and ugar, what you think fit, and good orc of Beef-suet, and marrow very nely shred.

To make a Pudding to bake.

Take a penny loaf, pare it, slice it a quart of Cream, with a little

Rose-

Rose-water and break it very small
take three ounces of *Iordand* almonds
blanch'd, and beaten small with a
little Sugar, put in some eight Eggs
beaten, a *Marrow*-bone, and two or
three pippins sliced thin, or any way,
mingle these together and put in a
little Ambergriece if you please.

To make a boiled Pudding.

Take a pint of *Cream*, or Milk
boil it with a stick of Cinnamon
little while, and take it off, and let it
stand till it be cold, put in six Eggs
take out three whites beat your Eggs
a little before you put them into the
Milk, then stir them together, then
take a penny Roul, and slice it very
thin, and let it lie and soak, and then
bray it very small, then put in some
Sugar, and butter your cloth before
you put it in, it will take but a little
while seething, and when you take it
up, melt a little fresh Butter, and a
little Sack and Sugar, beat all these
together

gether, & put it into the dish with our Pudding to be served in.

To make a Cream-Pudding to be boiled.

Take a pint and a half of thick Cream, and boil it with Mace, Ginger, and Nutmeg quartered, then put to it eight eggs, with four whites beaten, and Almonds blanch't a pound, and strained in with the Cream, a little Rose-water, and Sugar and a spoonful of flower searced very fine, then take a thick napkin, wet it, and rub it with flower, and tie the pudding up in it, boil it where a Mutton is boiled, or in the Beef-pot remember to take out the whole piece out of the Cream when it is boiled, the sauce for this pudding is a little Sack, sugar, and a pretty piece of butter, you must blanch some Almonds, when they are blanched, cut every Almond in three or four pieces the long way, and stick them up on end upon the pudding very thick.

To

To make a White-pot.

Take a pint and half of Cre
a quarter of a pound of Sugar, a
ele Rose-water a few Dates sliced
few Raisins of the Sun, six or se
Eggs, and a little large Mace, a sli
Pippin, or lemon, cut sippet fas
for your dishes you bake in, and
them in Sack, or Rose-water.

To make a forced dish of any cold Meat.

Take any cold meat and shre
small, a little Cloves and Mace,
Nutmeg, and two yolks of Eggs,
spoonful or two of Rose-water, a li
grated bread, a little Beef-suet sh
small, make it up in balls, or any
shion you please, and boil them
fryed suet between two earthen d
es, your suet must boil before y
put in your meat, for sauce a li
Butter, Verjuyce, and Sugar.

make a forced dish of a Leg of Mutton or Lamb.

Take a Leg f Mutton or Lamb t out the flesh, and take heed you reak not the skin of it, then per boil , and mince it with a little Beef-suet, put into it a little sweet Herbs red, three or four Dates sliced, a ttle beaten Nutmeg, Cloves, and ace, a few Currans, a little Sugar ittle Verjuyce, three or four Eggs ix them together, and put them in e skin, & set it in a dish & bake it.

To boil a Calves head with Oysters.

Take the head, and boil it with ater and Salt a little white-Wine Verjuyce, and when it is almost ough, then cut some Oysters, and ingle them together, and a blade or wo of Mace, a little Pepper and alt, and a little liquor of the Oysters, then put it together, and ut it to the Calves-head, and the rgest Oysters upon it, and a slit emon, and Barberries, so serve it p.

To

To fry a Coast of Lamb.

Take a Coast of *Lamb*, and p
boil it, take out all the bones as ne
as you can, and take some four
five yolks of Eggs b aten, a lit
Thyme and sweet *Marjoram*, a
Pa sly minced very small, and b
it with the Eggs, and cut your La
into square pieces, and dip them i
to the Eggs and Hearbs, and
them with butter, then take a lit
Butter, white-Wine, and Su ar
sauce.

To stew Sauce sedges.

Boil them in fair water and sa
little, for sauce boil some Curra
alone, when they be almost tend
then pour out the water, and put
a little white-Wine, Butter and S
gar.

To boil Ducks.

When they be half boiled, tak
quart of the liquor and stra n it,
put a quart of white-Wine, & so
whole Mace, Cloves, and Nutme
sliced, and Cinnomon, and a l

On

n shred a bundle of swet heart s
w Capers, and a little Samphire,
n it is boiled, put some sugar to
son it withal.

o make white bre h with a Capon.

Truss your C pons, and boil
m in fair water, & w'en they are
l boiled, tak e out three pints of
l quor, and put it into a quart of
ck, and as much white-wine, and
e two ounces of Dates half or
arter-wise as you please, a little
cle-mace, Cloves, & Cinnamon,
Nutmeg shred, or each a litt e
antity, boil the broth in a Pi kin
it self, unti the Dates begin to b e
der, then put in the Marrow of
o bones, & let it boil a little, not
much, then when your Capons
near ready, break twenty Egge,
e the yolks from the whites, and
t the yolks until you may take
a spoonfull and it will not
beside the spoon, then you must
a little cold broth to him, and

lo

so strain them through a cloth, th
take up some of the hot broth to be
your Eggs, because else it will run
let it have a warm or two after yo
Eggs be in, but not seeth too mu
for fear it turns, then dish your C
pons, and pour your broth on the
and garnish your dish as you pleas

To make stewed Broth.

Take a neck of Mutton, or a rum
of Beef, let it boil, and scum y
pot clean, thicken your pot with gr
ted bread, and put in some beat
spice, as Mace, *Mutmegs*, Cin
mon, and a little Pepper, put i
pound of Currans, a pound and
half of raisins of the *Sun*, two pou
of *Prunes* last of all, then when
stewed, to season it with a quan
Claret and a pint of Sack, and s
sanders to colour it, and a pou
Sugar to sweeten it, or more if n
be, you must season some white sp
to garnish your dish withall, an

whole Prunes out of your Pot.

To make Gallendine sauce for a Turky.

Take some Claret-wine, & some ted bread, & a sprig of R semary, tle beaten Cloves, a little beaten nnamon, and some Sugar.

An exceeding good way to stew Chickens.

Take Chickens, fley them; and them in pieces cross way, then them in a pipkin or Skillet, and er them almost with Pe per, and ce, and water, so let them stew ly with a whole Onion in it, till t of the liquor be consumed, n put in as much white-Wine as l cover them again, take Parsly et Marjoram, winter-Savory with ttle Thyme, and shred them very all, and put them in, and let them ll till they are almost enough, then in a good piece of butter.

To boil a leg of Mutton.

Take a leg of Mutton & ſtuffe it for the ſtuffing take a little beef ſuet and a few ſweet herbs, chop them ſmall and ſtuffe it then boil it, & put in a handful of ſweet herbs, eat them ſmall, mingle a hard Egg among the herbs, and ſtew it upon the mutton, melt a little butter and Vinegar and put it into the diſh and ſend it in

To keep Quinces all the year.

Firſt you muſt core them, and take out the kerne's clean, and keep the cores and kernels, and ſet over ſome water to boil them, then put them in when you ſet over the water then let them boil till they be a little ſoft, and then take them up, and ſet them down till they be cold, then take the kernels and ſtamp them, put them into the ſame water they were boiled in, and let them boil till they be thick, ſee you have as much liquor as will cover the Quinces and if you have not enough, take

e smallest Quinces, and stamp
em to make more liquor, & when
is boiled good and thick, you must
rain it through a coarse cloth, and
hen the Quinces be cold then put
em into a pot, and the liquor also,
nd be sure the liquor cover them,
u must lay some weight upon
em to keep them under, so cover
em close, let them stand fourteen
yes, and they will work of their own
cord, & they will have a thick rind
on them, and when they wax hoary
thick, then take it from the liquor,
it will have a skin on it within a
oneth or six weeks.

To pickle Cucumbers.

Take the Cucumbers and wash
em clean, and dry them clean in
cloth, then take some water, Vine-
, Salt, Fennel-tops, & some Dil-
s, and a little Mace, make it salt
ough and sharp enough to the
e, then boil it a while, and then
it is off, and let it stand and be

cold, then put in the Cucumbers, and lay a bord on the top to keep them down, and tie them close, and within a week they will be fit to eat.

To pickle Purslain.

Take the Purslain and pick it into little pieces, and put it into a pot or barrel; then take a little water, Vinegar, and salt, to your taste, it must be pretty strong of the Vinegar and Salt, and a little *Mace*, and boil these together, and pour this liquor in seething hot into the purslain, and when it is cold tie it close, but lay a little bord on the top to keep it down, and within a week or two it is fit to eat.

To do Clove-Gillyflowers up for Sallating all the year.

Take as many Clove-Gilliflowers as you please, slip off the leaves, then strow some Sugar in the bottome of the Gallipot that you do them in, and then a lane of Gilliflowers, and then a lane of Sugar, and so do

All the Gilliflowers be done, then pour some Claret-wine into them, as much as will cover them, then cut a piece of a thin board, and lay it on them to keep them down, then tie them close, and set them in the Sun, and let them stand a month, or thereabouts, but keep them from any rain or wet.

To pickle Broom-buds.

Take as many Broom-buds as you please, make linnen-bags, and put them in and tie them close, then make some brine with water and Salt, and boil it a little, let it be cold, then put some brin in a deep earthen pot, and put the bags in it, and lay some weight on them, let it lie there till it look black, then shift it again, so you must do as long as it looks black you must boil them in a little caldron, and put them in Vinegar a week or two, and then they will be fit to eat.

To Pickle Oysters.

Take your Oysters and pick them out of the shels, and save the liquor that cometh from them, then take your Oysters one by one, and wash them clean out of grist, then strain the liquor, and take a quantity of white-wine, and a large Mace or two and two or three slices of Nutmeg, and Pepper grosse, beaten, and salt them, boil it together then put in your Oysters, and boil them, take the yolk of an Egg, and beat it well with wine-Vinegar, then take up your Oysters, and let them cool, then put in your Egg, and let it boil take it off, and let it cool, and put it up together.

To make Grout.

Take some Wheat and Bean, and when you have made it into Malt then riddle it, take some water and some small wort, and heat it scalding hot, and put it into a Pail, then strew in the Malt, then take a piece of sour

leaven

leaven and stir it about, and cover it and let it stand till it will cream, then put in some Orange-pills, then put it over the fire & boil it, keeping it stirring till all the white be gone.

To make Jelly of Marmalet.

Take Quinces and pare them, cut them into water in little pieces, and when you have done all, then take them out of the water, and weigh them, and to every pound of Quinces take five quarters of a pound of sugar, and half a quarter, then put it into the Skiller, and put as much water as will make it pretty thin, then set it on the fire, and clarifie it with the white of an Egg, and scum it off clear, then put in your Quinces, and let it boil a pretty space, and cover it close till it is pretty thick, then leave stirring it till it is thick enough for Marmalet and take it off and put it in a glass, and do it with your knife in little works, when you have done set it stand, your posnet must boil all

the while, you must put in as much water as will make it pretty thin when it is boiled to a pretty good colour, then strain it and weigh it, then take of loaf-Sugar, as much as it weighs, and boil it altogether to a jelly, then pour it into your Marmalet-glass, then put it in a stove, and put some fire in every day.

To make jelly of Pippins.

Take Pippins pare, quarter, and core them, lay them in water, and when you set them on the fire shift them in another water, and put them in a skillet, and put as much water as will cover them, and a little more, set them over the fire and make them boil as fast as you can, when the Apples are soft, and the liquor tastes strong of the apples, then take them off, and strain them through a piece of Canvas gently, take to a pound of juyce, a pound of Sugar, then set it on the fire, when it

is

is melted, strain it into a Bason, and since your skiller again, set it on the fire, and when it is boiled up then scum it, and make it boil as fast as you can, and when it is almost boiled put in the juyce of three Lemons strained through a cloth, if you will have Orange-pill pare it thin, that the white be not seen, and then lay it in the water all night, then boil them in the water till the pill be soft, then cut them in long pieces, then put it into the sirrup and stir it about, and fill your glasses, and let it stand till it be cold, and then it is ready to eat.

To preserve green Walnuts.

Take Walnuts, and boil them till the water do taste bitter, then take them off, and put them in cold water, and pill off the bark, and weigh as much Sugar as they weigh, and a little more water then will wet the Sugar, set them on the fire, and when

they boil up take them off, and l
them ſtand two dayes, and boil the
again once more.

To preſerve white Quinces.

Take a pound of Quinces, bo
them with the skin on, but core an
pare them, take a quarter of a pou
of Sugar, with water no more th
will wet the Sugar, put the Quinc
into it preſently, boil them as faſt
may be, and skin them, when the ſi
grup is thick take it up.

To make Goosberry Tarts.

Take a pint of Goosberries, a
put them into a quarter of a pou
of Sugar, and two ſpoonfuls of w
ter, and put them on the fire and
them as you did the former.

To preſerve Raſberries.

Take as many as you pleaſe, a l
of Sugar, and a lay of Raſberrie
and ſo lay them into the skillet, a
as much Sugar as you think w
make Sirrup enough, and boil th
a

nd put two ſpoonfuls of water in, oſcome it, take it off and let it ſtand.

To preſerve Currans.

Part them in the tops, lay a lane f Currans, and a lane of Sugar, and o boil them as faſt as you do Raſ-erries, do not put in the ſpoon, but um them, boil them till the ſirrup e pretty thick, then take them off, nd let them ſtand till they be cold, nd then put them into a glaſs.

To preſerve Medlers.

Take the juſt weigh of Sugar as ey weigh, to a pound of Sugar put pint and half of water, ſcald them s long as the skin will come off, one them at the head, put the water the Sugar, and boil it, and ſtrain , put in the Medlers, boil the a-ace, let them ſtand till they be thick en take them off.

To preſerve Gooſberries.

Take the faireſt Gooſberries you n get with the ſtalks on, prick

three or four holes in every one of them, then take the weight of them in Sugar, lay the best part of the Sugar in the bottome of a Silver or Pewter-dish, then lay your Goosberries one by one upon it, strew some of the rest of the sugar upon them, and put two spoonfuls of the water into half a pound, then set the Goosberries on a chafing dish of Coales, and let them stand uncovered, scalding upon the fire a prettywhile before they boil, but not too long, for then they will grow red, & when they be boiling, let them not boil to fast, when they be enough put them up, you must put the rest of the Sugar on them as they boil, and that will harden them and keep them from breaking.

To make Goosberry-Cakes.

Prick as many Goosberries as you please, and put them into an earthen pitcher and let it in a kittle of water till they be soft, and then put them into

into a five, and let them ſtand till all the juyce be out, and weigh the juyce and as much Sugar as ſirrup, firſt boil the Sugar to a Candy and take it off, and put in the juyce, and ſet it on again till it be hot, and take it off, and ſet them in preſs till they be dry, then they are ready.

To do Gooſberries like Hops.

Take pricks of Black-thorn, then take Gooſberries, & cut them a little a croſs, take out the ſtones put them upon the pricks, weigh as much Sugar as they weigh, & take a quart or a pint of water, and put into the ſugar, & let it boil a while, then put in the Hops, let them ſtand and ſcald two hours upon the coals till they be ſoft, then take out the hops, & boil the ſirrup a while, then take it off, and put in the Hops.

To preſerve Apricocks.

Firſt ſtone them, and weigh them and take as much Sugar as Apri-

cocks,

cocks, put in a bason, some in the bottome, and some on the top, let them stand all night, set them on the fire till they be scalding hot, then heat them twice more.

To make Apricock-cakes.

Take as many Apricocks as you please, and pare them, put as much Sugar as they weigh, take more water than will melt the Sugar, then boil the Sugar and it together, till they be pretty stiff, then take them off and put them in saucers.

To make Mackeroom.

Take half a pound of Almonds, put them in water, stamp them small, put in some Rose-water, a good spoonful of flower, four Eggs, half a pound of Sugar, in the beating of the Eggs put in the Almonds, heat the Oven hot enough to bake a Custard, put them in, when you have taken them out, let them stand till they be cold, they must be baked in earthen pans round, and buttered very hin.

How

ow to preserve white Damsons green

Take white Damsons, scald them
waters till they be hard, then take
hem off, and pick as many as you
lease, take as much Sugar as they
eigh, strew a little in the bottome,
t two or three spoonfuls of water
en put in the Damsons and the Su-
ar, & boil them, take them off, then
t them stand a day or two, then boil
em again, take them off and let
em stand till they be cold.

How to preserve Mulberries.

Take as many Mulberries as you
lease, and as much Sugar as they
eigh: First wet the Sugar with
me juyce of Mulberries, stir your
ugar together, then put in your
Mulberries, then boil them apace till
ou think they are boiled enough,
en take them off, & boil the sirrup
while, and put it in the Mulberries
t them stand till they be cold.

To

To preserve Pippins white.

Take some Pippins and pare them and cut them the crosse way, and weigh them, add to a pound of Sugar, a pint of water, then put the Sugar to the water, and then let it boil a while, and then put in the Pippins and let them boil till they be clear at the core, take them off, and put them up.

To make white Quince Cakes.

Scald Quinces, and let them stand till they be cold, but not seethed till they be tender enough, then take them off and pare them, then scrape off the softest, and do it through a five, and then weigh as much Sugar as it doth weigh, and beat it and fit it into the quinces and stir it altogether, and set it on the coales and stir it about, but let it not boil at all but let it stand & cool till it be pretty thick, then take it off, and put it in glass faucers.

How

How to preſerve Grapes.

Stamp and ſtrain them, let it ſete a while before you wet a pound of ſugar or grapes with the juyce, ſtone the Grapes, ſave the liquor, in the toning take off the ſtalks, give them boiling, take them off, & put them up.

To preſerve Damſons.

Take as many as you pleaſe, and weigh as much Sugar as they weigh, and ſtrew ſome on the bottome, and ſome on the top, and you may wet the Sugar with ſome Sirrup of Damſons, & a little water, then ſet them on the fire and let them ſtand and ſoak ſoftly, about and hour, then take them off, and let them ſtand a day or two, then boil them till you think they be enough, take them off & put them up.

To make Cakes of Lemons or Violets.

Take of the fineſt double refined Sugar beaten very fine, and ſearced through fine tiffony; and to half a ſilver Porringer of Sugar,

put

put to it two spoonfuls of water, and boil it till it be almost Sugar again then grate of the hardest rind of a Lemon, then stir it into your Sugar put it into your coffins of paper, and when they be cold take them off.

How to preserve Quinces red.

Take your Quinces and weigh them to a pound, put a pound of Sugar, and half a pint of water, put your water to your Sugar, and let it stand, your Quinces must be scalded till they be tender, take them out pare them, and core them, but not to much, then put them into the skillet where the Sugar is, then set them on the fire, and let them boil two hours, if it be not enough, boil it a little more, pour it to the Quinces and stop it close.

To make Bisket-bread.

Take a pound and a half of white loaf-sugar, and so much flower, as much Annise-seed, Corlander-seed

d Carraway-seed as you please,
d twelve Eggs, three whites left
t, take the Sugar and sift it fine,
d the flower also, and beat your
ggs a little, and mingle them well
gether, with four spoonfuls of
amask Rose-water, beat them well
gether, and put in two spoonfuls
ore, and beat it again about an
ur and an half in all, then butter
ve Trenchers, and fit them with
ffe, scrape some Sugar on them,
d blow it off again, heat your oven
t enough to bake a Pie, and let
e lid stand up a little while, to draw
own the heat from the top, then
t the lid down again, and let it
and till it be cold, that you may
ffer your hand in the bottome, then
t in the plates and set up the lid a-
ain untill they rise, then take them
t, and loose them from the plates,
d scrape the bottomes, & let them
and four hours, then they be fit
eat.

How

How to preserve Grapes to look
and green.

Take a pound of Grapes with
ſtalkson them, when they do begin
be ripe, then weigh as much dou
refined ſugar, beaten ſmall, then
the Grapes that are weighed, ſt
them at the place where the ſtalks
pull off the skin, and ſtrain ſome
gar in the bottome of the thing
do them in, & ſo lay them in the
gar you did weigh, til you have ſt
ed and pilled them, and ſo ſtrew
Sugar upon them, and ſet them on
fire & let them boil as faſt as ca
till the ſirrup be prettythick, then
them off, and put them up untill
be cold.

How to candy Apricocks.

Take your Apricocks, the fair
and ſcald them and pill them,
tween two cloathes, cruſh the wa
ſoftly out of them as dry as you c
without two much flatting the
then take of ſearced-ſugar almoſt

ch as they weigh, & boil it altoge-
to a candy height, then take it off
fire, & lay the Apricocks in it one
one, with a feather, annoint them
r, then set them on a chasing dish of
ls, & let them be through sod but
boil, then take them off the fire, &
it on the stove blood warm or
en, and twice a day set them on a
, & turn them once at every heat-
, annoint them with a feather, &
same sirrup every time you take
m off the fire, this do untill you see
sirrup begin to sparkle and be ful
eyes, then take them out of the sir-
p and lay them on glass plates, and
them in a stove or Oven, turning
m a day or two till they be dry:
ite Pear-plums may be done thus.

ow to make paste of Goosberries, or Berberries, or English Currans.

Take any of these tender fruits
d boil them softly on a chasing-
sh of coales, then strain them
with

with the pap of a roasted apple, th
take as much Sugar as it weigh
boil it to a candy height, w
much Rose water as will melt
gar, then put in the pap of your
into the hot Sugar, and let
leisurely, till you see it reaso
stiff, almost as thick as for Mar
then fashion it on a sheet of glas
so put it into the oven, upon
billets, that the glass may not
the bottom of the oven, for it
will make the paste rough, & so
dry leisurely, and when it is dr
may box it, and keep it all the y

How to make paste of Oranges, Lemons.

Take you Oranges and Le
and set on the fire two vessels of
water at once, boil them, and
shift the water seven times, tha
bitterness may be taken from th
and they very tender, then cut
through the middest and take ou
kernels, and wring out all the

them, then beat them in an A-
after Mortar, with the papps of
e or four Pippins, then ſtrain it
ough a fine ſtrainer, then take as
Sugar as that pap doth weigh
boiled to a candy height, with
uch Roſe-water as will melt the
ar. then put the pap of your O-
s and Lemons into the hot ſu-
and ſo let it boil leiſurely with
ing, and when you ſee it ſtiff, as
Manchet, then faſhion it on a
t of glaſs, and ſo ſet it in a Stove
Oven, and when it is throughly
box it for all the year.

to make Paſte Royal in Sauces.

Take ſugar, the quantity of four
nces, very finely beaten and ſear-
, and put it into an ounce of Cin-
non and Ginger, and a grain of
ſk, and ſo beat it into paſte, with
tle Gum-dragon ſteeped in roſe-
er, and when you have beaten it
o paſte in a ſtone Mortar, then

roul

roul it thin, and print it with
moulders, then dry it before the
and when it is dry box and keep
the year.

How to candy Pears, Plums, Apricocks, that they shall look as clear as Amber.

Take your Apricocks and P
and give every one a cut to the
in the notch, and then caſt Sug
them, and bake them in an O
hot as for *Manchet*, cloſe ſto
bake them in an earthen Platter,
them ſtand half an hour, then
them out of the diſh, and lay
one by one upon glaſs Plates,
ſo dry them, if you can get gl
made like Marmalet-Boxes to
ver them they will be the ſooner
died: this is the manner to can
ny ſuch fruit.

How to make Paſte Royal W that you may make Court-Bo Caps, Gloves, Shooes, or any pretty thing in Moulds.

Take half a pound of double

ed Sugar, and beat it well, and
ree it through a fine Lawn, then
p it into a fine Alablaſter-mortar,
h a little Gum-dragon ſteeped
, a little Roſe-water, & one grain of
ſk, ſo beat it in a mortar till it
mes to a pretty paſte, then roul it
n with a rouling-pin, and print it
h your moulders like Gloves,
oes, or any thing elſe, and ſome
n may roul very thin with a roul-
-pin, & let it dry in an aſhen-diſh,
herwiſe called a Court Cup, and
it ſtand in the Diſh till it be dry,
d it will be like a ſaucer, you muſt
y them on a bord far from the
e, but you muſt not put them in
Oven: they will be dry in two
three hours, and be as white as
ow, then you may guild Box and
p.

How to make fine Dyet-Bread.

Take a pound of fine Flower
ice or thrice dreſt, and one pound
nd a quarter of fine Sugar finely
ſaten, and take ſeven new laid

Eggs

Eggs, and put away the yolk of
of them, and beet them very w
and put four or five ſpoonfuli
Roſe-water amongſt them, and
put them in an Alablaſter or
ble mortar, and then put in the ſu
er and Sugar by degrees, and b
it, or pound it for the ſpace of
hours, untill it be perfectly white,
then put in an ounce of Carraw
ſeed, then butter your plates or
cers, and put in of every one,
ſo put them into the Oven; If y
will have a glaſſe and Ice on
top you muſt waſh it with a feath
and then ſtrew Sugar very fine
beaten on the top, before you put
into the Oven.

How to preſerve Apricocks.

Take your Apricocks and p
them into a skillet of fair water a
put them over the fire untill they
ſomething tender, then take th
up out of the water, and take
bodkin and thruſt out the ſtone

e top, and then pill of their skins, d when you have done, put them o a silver dish or bason, and lay gar very finely beaten over and der them, and put a spoonful or o of water unto them, & set them r a very soft fire until they be ten- then take them up, and lay them o another dish a cooling, & if you good, boil the syrrup a little more, en they are cold, and the syrrup al- t cold, put them up in a gally-pot glass together.

How to preserve Damsons.

Take a pound or something more pure sugar finely beaten, and then e a pound of Damsons, and cut a ch in the side of each of them, and a row of sugar on a silver-dish or son, & then lay in a row of plums, d then cover it with sugar, and so it in till they be all in, and then e two spoonfuls of clear water, d make a hole in the middle of

them, and set it over a soft fire, a
look to it carefully for fear the fi
should burn, and when the Sugar
all dissolved, shake them toget
and stir them gently, and then
them down and cover them till th
be cold, and when they be cold,
them upon the coals again, and th
let them boil gently till they be re
and when they are ready, take
down and take them every one
lee them, and cover them with
skin as well as you can, and th
put them all one by one in a dish,
if the sirrup be not boiled enou
set it over and let it boil a little l
ger, and when the plums be cold,
them in a galley-pot, or glass,
pour the sirrup to them while it
little warm, you must not forget
take away the skin of the Plum
it riseth.

How to make Pap of Barley.

Take Barley, and boil it in

ter ſoftly untill it begin to breake
n put that liquorous, then put as
uch hot liquor to it as you put
rſh, and ſo let it boil till it be very
ſt, then put it into a Cullender &
ain it, then take a han ful of Al-
onds, and grind them very well
h your Barly and ſome of the li-
or, ſo ſeaſon it with Sugar, and a
le Roſe-water, a little whole Mace
d Cinnamon, and boil them well
gether.

w to Candy Oranges and Lemons.

Take the peels of your Oranges
d Lemons, the white cut away
d lay them in water five or ſix
ys, ſhifting them twice every day,
n ſeeth them till they be very ten-
r, then take them out of the water,
d let them lie till they be cold, then
them in ſmall pieces ſquare,
bigneſs of a penny or leſs, then
e to every three, two ounces of ſu-
put to it a quarter of fair wa-

ter, and a less quantity of Rose-wa
ter, and make a sirrup thereof, th
scum it very clean, and put in you
peels, an let them boil for the spa
of an hour, or longer, if you fin
your liquor wanting you may p
in more water at your pleasure, the
boil them a little space after with
little sharp fire, stirring it alway
for burning, then take it off the h
three or four times stirring them
the while, and set them on again u
till they be candied.

How to make Cakes of Almonds.

Take one pound and a half of fi
flower, of sugar twelve ounces beat
very fine, mingle them well toget
then take half a pound of Almond
blanch them, and grind them fine
a morter, then strain them with
much sack, as will mingle the flow
sugar, and Almonds together, ma
a paste, bake them in an Oven n
too hot.

How to make white Lemon-Cakes.

Take half a dozen of whi Lemons he beſt you can get, then cut & pare hem, leave none of the yelow behind hen take away the four meat of it, & reſerve all the white, and lay it in wa- er two dayes, then ſeeth it in fair wa- er till it be ſoft, then take it out and et it by till the water be gone from it, hen weigh it, & take twice the weight n Sugar, mince the white ſtuff very ne, then take an earthen pipkin, & ut therein ſome fair water, & ſome oſe-water, if you have a pound of ugar, you muſt have half a pint of ater, of both ſorts alike, let your ater and Sugar boil together, then um it, and put in the ſtuffe, and ſo et them boil together, alway ſtirring till it be thick, it will ſhew very thin nd when it is cold it will be thick e- nough.

To make Oyl of Violets.

Set the Violets in Sallade-oyle,

and ſtrain them, then put in oth
freſh Violets, and let them lie twen
ty dayes, then ſtrain them again an
put in other freſh Violets, and l
them ſtand all the year.

To preſerve Pomecitrons.

Take Pomecitrons and grate
the upper skin, then ſlightly cut th
in pieces as you think good, lay th
in water four and twenty hours, h
ſet over a poſnet with fair water, a
when it boils put them in, & ſo ſ
til you find the wate not to be bit
then take them up, and weigh th
and to every pound of Pomecit
put a pound and a quarter of ſug
then take of your l t water a pint
quarter, ſet your water and ſ
over the fire, then take two wh
of Eggs, and bea them with a l
fair water, and when your ſirrup
gins to boil, caſt in the ſame th
ſeth from the Eggs, and ſo let it b
then let it run through a clean
cloth, then put it in a clean po
and when your ſirrup begins to b

ut in your Pomecitron and let it oil softly three or four hours, until l ou find your sirrup thick enough, be ure you kep them alwaies under sir- up, & never turn them, take them p and put them into your glass and hen they be coed cover them.

To Candy Ringus-roots.

Take your Ringus roots and oil them resonable tender, then peel hem and pi h them, then lay them ogether, then take so much sugar as h y weigh, and put it into a Posnet with as much Rose-water as wil melt ir, then put in your roots, and so let it boil very softly unril the sugar be consumed into the roots, then take them and turn them, and shake them till the Sugar be dried up, and then hy them a drying upon a lettice of wyer, u till they be cold, in like sort you may candy any other Roots, which you please.

To candy all kind of Fruitrages, Oranges, Lemons, Citrons, Lettice stocks, the Sugar-candy, such as the Comfet makers do candy the Fruits with.

Take one pound of refined Sugar, & put it into a posnet with as much water as will wet it, and so boil it till it come to a candy-height, then take all your fruit being preserved & dried, then draw them through your hot Sugar, and then lay them on your hardle, and in one quarter of an hour they will be finely candied.

To candy all kind of Flowers in wayes of Spanish Candy.

Take double refined Sugar, put it into a posnet with as much Rose water as will melt it, and put into the pap of half a roasted Apple, and a grain of Musk, then let it boil till it come to a candy-height, then put in your flowers, being pick'd, and let it boil, then cast them on a fine plate, and cut it in waves with your knife,

nife, then you may ſpot it with gold and keep it.

To make Eſſinge.

Take one peck of Oatmeal-grout, the greateſt you can get, & the whiteſt, pick it clean from the black, and ſearce out all the ſmalleſt, then take as much evening-milk as will cover it, and ſomething more, boil it and cool it again til it be blood-warm, then put it to the Oatmeal, and let it ſoak all night, the next morning ſtrain it from your Milk as dry as you can through a cloath, then take three pints of good Cream, boil it with a Mace, and the yolks of eight Eggs, when it is boiled put it into your ſtuffe, then put in ſix Eggs more, whites and yolks ſeaſon it with a good quantity of Cinnamon, Nutmeg, and Ginger, and a leſs quantity of Cloves, and Mace, put in as much Sugar as yon thing will ſweeten it, have a good ſtore of Suet, ſhred

small, and forget not Salt, so bo
them.

To make Sugar-Cakes.

Take one pound of fine flowe
one pound of Sugar finely beaten
and mingle them well together, the
take seven or eight yolks of Eggs,
If your flower be good take on
white or two as you shall think goo
take two Cloves, and a pretty pie
of Cinnamon, and lay it in a spoo
ful of Rose-water all night, and he
it almost blod-warm, temper it wi
the rest of the stuff, when the past
made, make it up with as much h
as you can, bake them in a soft ove

To make a Calves-foot-Pie.

Take your Calves-feet, boil th
and blanch them, then boil them
gain till they be tender, then take o
all the bones, season'd with Clove
Mace, Ginger, and Cinnamon,
much as you shall think good, th
put, in a good quantity of Curra

nd Butter, bake your Pie in a sof
oven, and when it is baked take half
pint of white-wine-Vinegar, beat
hree yolks of Eggs, and put to the
ools, season it with sugar, and a
ittle Rose-water, alwayes stirring it
hen put it into your Pie, and let it
tand half a quarter of an hour.

How to mak a very good Pie.

Take the backs of four white her-
ring watered, the bones and skin
aken away, then take so much war-
dens in quantity pared and cored,
half a pound of Raisins of the Sun
lomed, mince all these together, and
season it with Clanamon and Gin-
ger, and when the Pie is baked, put
in a little Rose-water, and scrape su-
gar on it, if you put in Butter, then
put in a handful of grated bread.

To make Cimbals.

Take fine flower dryed, and as
much Sugar as Flower, then take
as much whites of Eggs as will

make it paste, & put in a little Rose-water, then put in a quantity of Coriander-seed, and Anniſe-seed, then mould it up in that faſhion you will bake it in.

How to preſerve Angellica-Roots.

Take the Roots and waſh them then ſlice them very thin, and lay them in water three or four dayes change the water every day, then put the roots into a pot of water, and ſet them in the embers all night, in the morning put away the water, then take a pound of roots, four pints of water, and two pound of ſugar, let it boil, & ſcum it clean, then put in the roots, it will be boiled before the ſirrup, then take them up, and boil the ſirrup after, they will ask you a whole dayes work for they muſt boil very ſoftly; at *St. Andrews* time it is the beſt time to do them in all the year.

To boil a Capon with Brewis.

Take a Capon and truſſe him

boil, set them on the fire in a good quantity of water, scum it very clean before you set on your Capon, put a little water Savory and Thyme into the belly of it, and a little Salt and prest Pepper, when you have scummed it clean, cover it close to boil, then take a good handful of herbs, as Marigolds, Violet-leaves, or any such green herbs as you shall think fit, wash them, and set them on the fire with some of the uppermost of the broth that boils the Capon, then put into it good store of Mace, and boil it with the Capon, when the herbs be boiled and the broth very green, and almost consumed away take the uppermost of your Capon, and strain it together, and scald your Brewis, and put it into a dish, and lay the Capon on them.

To make a Spice-Cake.

Take one bushel of Flower, six pound of Butter, eight pound of Cur-

Currans, two pints of Cream a pottle of Milk, half a pint of good Ale, two pound of Sugar, two ounces of Mace, one ounce of Nutmegs, one ounce of Ginger, twelve yolks, two whites, take the Milk and Cream, and stir it all the time that it boils, put your butter into a bason, and put your hot seething milk to it & melt all the Butter in it, and when it is blood-warm, temper the Cake, put not your Currans in till you have made the paste, you must have some Ale-yest, and forget not Sak.

To make broth of a Neats-tongue.

Take Claret Wine, grated bread, Currans, sweet Butter, Sugar, Cinnamon, Ginger, boil them altogether, then take the Neat-tongue and slice it, and lay it on a dish upon sippets, and so serve it.

To souce a Carp or Gurnet.

Take fair Water and Vinegar, so that it may be sharp, then take Parsley

ſly, Thyme, Fennel, and boil em in the broth a good while, then t in a good quantity of Salt, and en put in your Fiſh, and when it is ell boiled, put the broth into a veſ- l and let it ſtand.

To make a fine Pudding.

Take Crums of white-bread, and o much fine flower, then take the olks of four Eggs, and one white good quantity of Sugar, take ſo much good Cream as will temper it ash ok as you would make pan cak- batter, then butter your pan, and bake it, ſo ſerve it, caſting ſome Su- gar upon it, you muſt ſhred ſuet ve- ry ſmall and put into it.

To make a broth to drink.

Take a Chicken and a little of the neck of mutton, and ſet them on, and ſcum it well, then put in a larg Mace, and ſo let it boil while the Chicken be tender, then take the Chicken out, and beat it all to

pieces in a ſtone mortar, & put it
again, & ſo let it boil from four pin
to a little more then half a pint, the
caſt it through a ſtrainer, and ſeaſo
it.

To boil a Chicken, Partridge, Python.

Take your *Chickens*, and ſet it
boiling with a little of the neck
Mutton, and ſuch it well, then pu
in a Mace, and ſo let it boil dow
and when it is almoſt boiled, hav
ſome few hearbs parboiled, as Let
tice, Endive, *Spinnage*, Marigold
leaves, for note, theſe Hearbs ar
uſually uſed to be boiled, wh ch b
courſe will hold their colour in boi
ing, and put ſome of theſe aforeſai
hearbs to the Chicken & *Mutton*, i
you think your broth ſtrong enough
take out your *Mutton*, then yo
may put a little piece of ſweet butter
and a little Verjuyce, & a very litt
Sugar, and Salt, ſo ſerve it in wit
ſippets.

A broath to drink.

Take a Chicken, and set it on, and
hen it boils skem it, then put in a
ace, and a very little Oatmeal, and
ch Hearbs as the party requires,
nd boil it will down, and bruise the
hicken, and put it in again, & it is
pretty broath, and to alter it, you
ay put in half a dozen Prunes, and
ave out the hearbs, or put them in,
when it is well boiled strain it, and
ason it.

A broth to eat on fasti g dayes.

Take fair water and set it a boil-
ng, and when it boileth, put to it so
uch strained Oatmeal, as you
ink will thicken it, and a large
ace, a handfull of Raisins of the
un, as many Prunes, and as many
urrans, if your quantity require
o boil it, and when it is boiled sea-
on it with salt and sugar and a piece
f sweet butter, if the time will allow
, and for an alteration when this
roth is boiled, put in a quantity of
Cream,

Cream and it will do well.

To make Pomado.

The quantity you will make set on a Poince of fair water, when it bo put a *Mace* in, and a little piece Cinnamon, and a handful of C rans. & so much bread as you thi meet, so boil it, and season it with s sugar, and Rose-water, & so serve

To make a Candle.

Take Ale, the quantity that y mean to make, and set it on the fi and when it is ready to boil, scum very well, then cast in a large *Mac* and take the yolks of two Eggs, s one mess, or one draught, and be them well, and take away the skin the yol s, and then put them into Ale, when it seetheth, be sure to st them well till it see h again for youngling, then let it boil a whi and put in your Sugar, and if it b to eat cut three or four tosts bre

ead thin and roaſt them dry, but
t brown, and put them to the cau-
e, if to drink put none.

To make *Almond Butter.*

Blanch your Almonds, and beat
em as fine as you can with fair
ater, two or three hours, then ſtrain
em through a linnen cloth, boil
em with Roſe-water, whole *Mace*,
nd Anniſe-ſeeds, till the ſubſtance
e thick, ſpread it upon a fair cloth,
aving the whey from it, after let
it hang in the ſame cloth ſome few
ours, then ſtrain it and ſeaſon it
ith Roſe-water and Sugar.

To *ſtew Beef.*

Take a good Rump of *Beef*, cut
from the bones, ſhred Turnips and
Carrots ſmall, and Spinnage, and
Lettice, put all in a pan and let it
ſtew four hours with ſo much wa-
ter, and a quart of white-Wine as
will cover it, when it is ſtewed e-
nough, then put in a wine glaſs full

of

of elder Vinegar, and serve it in w
sippets.

To souce a young Pig.

Take a young pig being scalde
boil it in fair water, & white-Win
put thereto Bay-leaves, whole Gi
ger, and Nu meg quartered, a fe
whole Cloves, boil it throughly, an
leave it in the same broth in an ea
then pot.

*To boil Flounders, or Pickrels aft
the French fashion.*

Take a pint of white-Wine, th
tops of young Thyme & Rosemary
a little whole Mace, a little whol
Pepper, seasoned with Verjuyce, sal
and a piece of sweet Butter, and s
serve it; his broth will serve to boi
fish twice or thrice in, or four times

To make flesh of Apricocks.

Take Apricocks when they are
green and pare them, and slice them,
and take half their weight in Sugar,
put it to them, so put them in a
Skillet, and as much water as you
think will melt the Sugar, so let them
boil

l, and keep them ſtirring till they tender, and ſo take them off, and m them very clean, ſo put them th of the skiller, & let them ſtand, o as much ſugar as you had before e boil them to a Candy height & n put in your Apricocks, and ſet m over a ſoft fire, but let them not ll, ſo keep them wi h oft ſtirring, l the ſirrup begin to j lly, then put em in glaſſes, and keep them for our uſe.

To make fleſh of Quinces.

Make Quinces, pare them, and re them, and cut them in halfes, oil them in a thin ſirrup, till they tender, then take them off, and let em lie in ſirrup, then take Quinces, pare them, and quarter them, ake out the cores, put as much water to them as will cover them, then oil them till they be very tender, & hen ſtrain out the liquor clean om them, and take unto a pint of

tha

that liquor a pound of Sugar, put as much water to the Sugar as will melt it, then boil it to a candy height, then ſtir the Quinces that are in the ſirrup as thin as you can, when your Sugar is at a full Candy height, put in a pint of the liquor, then ſet it over a ſoft fire, ſtirring it leiſurely till the Sugar be diſſolved, then put in half a pound of your ſlices keeping it ſtill ſtirring, but not to boil, you may take the jelly of Quinces kernels that have lain in water two or three hours, take two good ſpoonfuls of it, and put it to the fleſh, ſo keep it ſtirring leiſurely till it begin to jelly upon the ſpoon, then put it into thin glaſſes, and keep it in a ſtove.

To preſerve Oranges.

Take a pound of Oranges, and a pound of Sugar, pill the outward rind, and inward whiteſs in off, take the juyce of Oranges, put them to the juyce, boil them half an hour, and take them off.

To dry Cherries.

Take the fa reſt Cherries, ſtone
m, take to ſix pound of Cherries
ound of Sugar, put them into a
l t, ſtraining the Sugar among
m, as you put them in, then put
much water to them as will boil
em, then ſet them upon a quick
e, let them boil up then take them
, and ſtrain them very clean, put
m into an earthen pan or pot, let
em ſtand in the liquor four dayes
n take them up and lay them ſeve-
lly one by one upon ſilver or earth-
diſhes, ſet them in an oven after
e bread is taken out, and ſo ſhift
em every day upon dry diſhes, and
t ſtill they be dry.

To dry Peaches.

Take Peaches and coddle them,
e off the skins, ſtone them, take to
r pound of Peacher, a pound of
ugar, then take a gally pot and lay
lare of Peaches, and a lare of Su-
r, till all be laid out, then put in

half

half a pint of water, ſo cover the
cloſe, and let them in embers to
warm, ſo let them ſtand a night
a day, put them in a skillet, and
them on the fire to be ſcalding
then put them into your pot ga
and let them ſtand four and twe
hours then ſcald them again, t
take them out of your ſirrup, and
them on ſilver Diſhes to dry, y
may dry them in an Oven when
bread is taken out, but to dry the
in the Sun is better, you muſt tu
them every day into clear diſhes.

To boil Veal.

Take Veal and cut it in thin
ces, and put it into a pipkin with
much water as will cover it, the
waſh a handful of Currans, and
much Prunes, then take a Coun
roul, and cut it in long ſlices like
Butchers-skiver, then put in a lit
Mace, Pepper, and Salt, a piece
Butter, and a little Vinegar, ſo
crumbs of bread, and when it h
ſtew

wed two hours, take it up, & serve

To boil a Capon in white broth.

Truss a Capon to boil, and put it to a pipkin of water, and let it boil o hours, & when it is boiled take a little of the broth, then take the lks of Eggs, & beat them very fair h your broth that you take up, then it by the fire to keep warm, season with grated Nutmeg, Sugar, and lt, then take up your Capon, and ur this broth on it with a little sack, you have it, garnish it with sippets, d serve it, remember to boil whole ace with your Capon, and Marrow you have it.

To boil a Capon or Chicken in white broth with Almonds.

Boil your Capon as in the other, n take Almonds, and blanch m, and beat them very small, ing in sometimes some of your oth to keep them from oyling, en they are beaten small enough,

put as much of the upper most broth to them as will serve to cover the capon, then strain it, and wring out the substance clear, then season it as before, and serve it with marrow on it.

How to boil Brawn.

Water your Brawn four & twenty hours, wash and scrape it four or five times, then take it out of the water, and lay it on a fair Table, then throw a handful of salt on every coller, then bind them up as fast as you can with Hemp, Bass, or Inckle, then put them into your kittle when the water boileth, and when it boileth scum it clean, let it boil untill it be tender that you may thrust a straw through it, then let it cool untill the next morning, by the souced meat you may know how to souce it.

How to boil a Gammon of Bacon.

Water your Gammon of Bacon twenty four hours, then put it into a deep kettle with some sweet Hay, &c.

boil softly six or seven hours, then
ke it up with a scummer and a
ate, and take off the skin whole,
n stick your Gammon full of
loves, strew on some gross Pep-
r, then cut your skin like sippets,
d garnish your Gammon, and
hen you serve it, stick it with bayes.

How to boil a Rabbet.

F'ey and wash the Rabbet, and slit
e hinder leg on both sides of the
ck bone, from the forward, and
ust them to the body, set the head
ht up with a skiver, right down
the neck, then put it to boiling
th as much water as will cover it,
hen it boils scum it, season it with
ace, Ginger, Salt, and Butter, then
ke a handful of Parsley, and a little
hyme boil it by it self, then take it
p, bear it with the back of a knife,
en take up your Rabbet, and put
in a dish, then put your hearbs to
ur broth, and scrape in a Carret-
or, let your broth boil a little

while, put in Salt, pour it on your Rabbet, and serve it.

How to boil a Mallard with a Cabbage.

Half roast your Fowl, then take it off, and cast it down, then put it into a pipkin with the gravy, then pick and wash some Cabbage, and put to your Mallard, with as much fair water as will cover it then put in a good piece of butter, & let it boil an hour, season it with pepper and salt, and serve it upon sops.

How to boil a Duck with Turnips.

Half roast her, then cover her with liquor, boil your Turnips by themselves, half an hour, then cut them in cakes, and put them to your Duck with Butter and Parsley chopt small, when it hath boiled half an hour, season it with Pepper and Salt, and serve it upon sops.

How to boil Chickens, and Sorrel-sops.

Truss your Chickens, and boil them in water and salt very tender, the

then take a good handful of Sorrel, and beat it ſtalks and all, then ſtrain it, and take a *Mancher*, and cut it in ſippets and dry them before the fire, then put your green broth upon the coles, ſeaſon it with Sugar, and grated Nutmeg, and let it ſtand untill it be hot, then put your ſippets into a diſh, put your Chickens upon them, and pour ſauce upon it, and ſerve it.

How to boil a Pike in white Broth.

Cut your *Pike* in three pieces, and boil it with water and Salt, and ſweet herbs, let it boil untill it ſtain, then take the yolks of half a dozen Eggs, and beat them with a little *Sack*, Sugar, melted Butter, and ſome of the Pikes broth, then put it on the fire to keep it warm, but ſtir it often leſt it curdle, then take up your *Pike*, and put the head and tail together, then cleave the other pieces in two, take out the back-bone and put the one piece on the one ſide, and the other piece on the other ſide, but blanch

all then pour on your white broth garnish your dish with sippets and boiled parsly, and strew on poudered of Ginger, and wipe the edge of the dish round, and serve it.

How to boil divers kinds of Fish.

Bar, Conger, Thornback, Plaice, Salmon, Trout, or Mullet, boil any of these with water, salt, and sweet herbs, when they boil scum it very clean, then put in vinegar, and let it boil till you think it is enough, your liquor must be very hot of the Salt, then take it off, you may let it stand five or six dayes in the liquor, then if you would keep it longer pour that liquor away, and put water and Salt to it, or saucing drink you must remember to let your Mullets boil softly and your thornback, and other Fish very fast, you must blanch your Thornback while it is warm, and when you serve any of those fishes, strew on some green herbs.

How to make a Sallet of all manner of Hearbs.

Take your hearbs, and pick them clean, and the flowers, wash them clean, and swing them in a strainer then put them into a dish, & mingle them with Cowcumbers, & Lemons sliced very thin, then scrape on sugar, and put in vinegar & oil, then spread the Howers on the top, garnish your dish with hard Eggs and all sorts of your flowers, scrape on sugar, and serve it.

How to stew steaks between two Dishes.

You must put Parsley, Currans, Butter, Verjuyce, and two or three yolks of Eggs, Pepper, Cloves, and Mace, and so let them boil together and serve them upon sops; likewise you maydo steaks of mutton or beef.

How to stew Calves feet.

Boil them and blanch them, cut them in two, and put them into a Pipkin with strong broth, then put

in a little pouder of saffron, & swee[t] Butter pepper, Sugar, & some swee[t] hearbs finely miced, let them stew an hour, put in Salt, and serve them.

How to stew a Mallard.

Roast your Mallard half enough, then take it up, and cut it in little pieces, then put it into a dish with the gravy, and a piece of fresh Butter, and a handful of Parsley chopt small, with two or three Onions, and a Cabbage-lettice, let them stew one hour, then season it with Pepper, and Salt, and a little Verjuyce, then serve it.

How to stew Trouts.

Draw your Trouts, and wash them, and then put them into a dish with white-Wine, and water, and a piece of fresh-Butter, then take a handful of Parsley, a little Thyme, and a little Savoury, mince these small and put to your Trouts with a little Sugar, let them stew half an hour, then mingle the yolks of two

or

r three hard Eg s, and ſtew them on
our Trouts w ith Pepper and Salt
hen let them ſtew a quarter of an
our, and ſerve them.

How to ſtew Smelts or Flounders.

Put your Smelts or Flounders into a deep diſh with white-Wine and water, a little Roſemary and Thyme, a piece of freſh butter, and ſome large Mace, and Salt, let them ſtew half an hour, then take a handful of Parſley and boil it, then beat it with the back of a knife, then take the yolke of three or four Eggs, & beat them with ſome of your fiſh-broth, then diſh up your fiſh upon ſippets, pour on your ſauce, ſcrape on ſugar, and ſerve it.

How to ſtew a Rabbet.

Half roaſt it, then take it off the Spit, and cut it in little pieces, and put it into a diſh with the gravy, and as much liquor as will cover it, then put in a piece of freſh Butter, and ſome pouder of Ginger, ſome Pepper and Salt, two or three Pippins

minced small, let these stew an hour then dish them upon sippets.

How to stew a Pullet or Capon.

Half roast it, then cut it into pieces, put it into a dish with the gravy and put in a little Cloves and Mace with a few Barbarries or grapes, put these to your Pullet with a pint of Claret, and a piece of Butter, let these stew an hour, dish them upon sippets and serve it.

How to stew cold Chickens.

Cut them in pieces, put them into a pipkin of strong broth, and a piece of butter, then grate some bread and a Nutmeg, thicken your broth with it, season your meat with gross pepper, and Salt, dish it upon sippets, & serve it.

How to make a paste for a Pasty of Venison.

Take almost a peck of Flower, wet it with two pound of butter, and as much Suet, then wet your Pasty, pa

put in the yolks of eight or ten Eggs, make reasonable stiffe paste, then roul it out and lay on Suet; first lay a paper under your paste, then lay on your Venison, close it, pink it baste it with butter, & bake it, when you draw it out, baste it with butter again.

How to make paste for a Pie to keep long

Your flower must be of Rye, and your liquor nothing but boiling water, make your paste as stiffe as you can, raise your coffin very high, let your bottome and sides be very thick and your lid also.

How to make paste for a Custard.

Your liquor must be boiling water, make your paste very stiffe, then roul out your paste, and if you would make a great Tar., then raise it, and when you have done cut out the bottome a little from the side, then roul out a thin sheet of paste, lay paper under it, strew Flower that it may not stick to it, then let

y it

your coffin on it, of what fashion you will, then dry it, and fill it, and bake it.

How to make Paste for buttered Loaves.

Take a pottle of flower put thereto Ginger, and Nutmegs, then wet it with milk, yolks of Eggs, Yest, and salt, then make it up into little loves, then butter a paper, and put the loves on it, then bake them, and when they are baked draw them forth and cut them in Cakes, butter them, then set them as they were, scrape on Sugar, and serve them.

How to make paste for Dumplings.

Season your Flower with Pepper, salt, and Yest, let your water be more then warm, then make them up like Manchet, but let them be somewhat little, then put them into your water when it boileth and let them boil an hour, then butter them.

To

To make Puffe-paſte.

Take a quart of flower & a pound and a half of Butter, and work the half pound of Butter dry into the flower, then put three or four Eggs to it, & as much cold water as will make it lithe paſte, then work it in a piece of a foot long, then ſtrain a little flower on the table, & take it by the end beat it untill it ſtretch long, then put the two ends together, and beat it again and ſo do five or ſix times, then work it up round, and roul it out broad, then beat your pound of butter with a rouling-pin, that it may be lithe, then take little bits of your butter, and ſtick it all over the paſte, then fold up your paſt cloſe, and coaſt it down with your roul ng-pin, and roul it out again, and ſo do five or ſix times, then uſe it as you will.

To bake a Gammon of Bacon.

You muſt firſt boil it two hours before you ſtuffe it, ſtuffe it with ſweet

ſweet hearbs, and hard Eggs chop together with Parſly.

To bake Fillets of beef, or clods, inſtead of Red-deer.

Firſt take your Beef, and lard it very thick, then ſeaſon it with Pepper, Salt, Ginger, Cloves and Mace good ſtore, and a great deal more Pepper and Salt than you would do to a piece of Veniſon, then cloſe it and when it is baked, put in ſome Vinegar, Sugar, Cinemon, and Ginger, and ſhake it well, then ſtop the vent-hole, and let it ſtand three weeks before you ſpend it.

How to Bake Calves-Feet.

Seaſon them with Pepper, ſalt and Currans, when they be baked, take the yolks of three or four Eggs, and beat them with Verjuyce, or Vinegar, Sugar, and great Nutmeg, put it into your Pie, ſcrape on ſugar, and ſerve it.

How to bake a Turkey.

Take out his Bones and Gut, then

then wash him, then prick his back together again, then parboil him, season him with pepper and Salt, stick some Cloves in the breast of him, then lard him, and put him into your coffin, with butter, in his sort you may Bake a Goose, Pheasant or Capon.

To bake a Hare.

Take out his bones, and beat the flesh in a mortar with the Liver, then season it with all sorts of spices, then work it up with three or four yolks of Eggs, then lay some of it all over the botteme of the pie, then lay on some lard, and so do until you have laid on all, then bake it well with good store of sweet butter.

To bake Quinces or Wardens, so as the fruit look red, and the crust white.

Your wardens must be stewed in a pipkin with Claret-wine, sugar, Cinnamon, and Cloves, then cover your pipkin with a sheet of

of paſte, and let it ſtand in the Oven five or ſix hours, then raiſe a Coffin of ſhort paſte, put in your wardens with *Sugar*, and put it into the oven, when it hath ſtood an hour, take it out and waſh it with *Roſe* water and butter, then ſcrape on ſugar and put it in a quarter of an hour more, and it will be red upon the top, then ſcrape on ſugar and ſerve it.

To bake Chucks of Veal.

Parboil two pound of the lean fleſh of a leg of Veal, mince it as ſmall as grated bread with four pound of *Beef*-ſuet, then ſeaſon it with *Biskay*-Dates & Carraways & ſome *Roſe*-water, *Sugar*, Raiſins of the ſun and Currans, *Cloves* Mace, Nutmeg, & *Ginnamon*, then mingle them altogether, fill your pies and bear them.

To bake a Chicken Pie.

Seaſon your Chicken with Nutmeg,

neg, Salt, pepper, & Sugar, then put hem into your coffin, then take ſ me narrow & ſeaſon with the ſame ſpice, hen roul it in yolks of eggs, & lay it n your chicken, with minced dates, nd good ſtore of butter, then bake ,and put in a little Sack, or *Muſca*line, or white-wine and Sugar, then ake it, ſcrape on Sugar and ſerve it.

How to bake a Steak-Pie.

Cut a Neck of *Mutton* in ſteaks, eat them with a Cleaver, ſeaſon hem with Pepper, and Salt, and Nutmeg, then lay them on your Coffin with Butter and large *Mace*, hen bake it, then take a good quanity of *Parſley*, and boil it, beat it as oft as the pulp of an Apple, put in a quarter of a pint of Vinegar, and as much white-Wine, with a little Sugar, warm it well, and put it over our ſteaks, then ſhake it, then the gravy and the liquor may mingle together, ſcrape on ſugar and ſerve it.

To

To make an Italian Pudding.

Take *Manchet*, and cut it i
ſquare pieces like a Die, then put
it half a pound of Beef-ſuet mince
ſmall, Raiſins of the Sun the ſtone
picked out, Cloves, Mace, mince
Dates, Sugar, Marrow, Roſe-water
Eggs, and Cream, mingle all thes
together, and put it into a diſh f
for your ſtuffe, in leſs than an hou
it will be baked, then ſcrape on ſuga
and ſerve it.

How to make a Florentine.

Take the Kydney of a Loin o
Veal, or the wing of a Capon, o
the leg of a Rabbet, mince any o
theſe ſmall with the Kydney of a
loin of *Mutton*, if it be not fat e-
nough, then ſeaſon it with Cloves,
Mace, Nutmegs, and Sugar,
Cream, Currans, Eggs, and Roſe-
water, mingle theſe four together
and put them into a diſh betwee
two ſheets of paſte, then cloſe it
and cut the paſte round by the
brim,

rim of the dish, then cut it round bout like Verginal keyes, then turn p one, and let the other lie, then pink , cake it, scrape on sugar & serve it.

To roast a Bre st of Veale.

Take Parsly, and Thyme, wash hem and chop them small, then take he yolks of five or six Eggs, grated bread, and Cream, mingle them together, with Cloves, Mace Nutmeg, Currans, and Sugar, then raise up the skin of the breast of Veale, and put in your stuff, prick it up close with a skiver, then roast it, and baste it with butter, when it is roasted, wring on the juyce of a Lemon and serve it.

To roast a Hare.

Case your Hare, but cut not off ears, nor her leggs, then wash her, and dry her with a cloath, then make a pudding and put into her belly, then sow it up close, then trusse her as if she were running then spit her, then take some Claret-

Wine

Wine and grated bread, Sugar, a
Ginger, Barberries, and Butter, b
these together for your sauce.

To roast a Shoulder of Mutton.

Roast it with a quick fire, that t
fat may drop away, and when yo
think it is half roasted, set a dish und
it, and flesh it with a knife a cross
you do Pork, but you must cut
down to the bone on both the sides
till the gravy run into the dish, bas
it no more after you have cut it, p
unto the gravy half a pint of white
Wine-Vinegar, a handful of Caper
and Olives, five or six blades of Mac
and a handful of Sugar, and stew a
these together and pour it on you
meat.

To roast a Neats-Tongue.

Boil him, and blanch him, c
out the meat at the butt end, an
mingle it with Beef-suet as much
an Egg, then season it with Nu
meg, and Sugar, Dates, Curran
and

d yolks of r.w Eggs, then put your
eat to your Tongue, and bind it
th a Caul of Veal or *Mutton*, then
aſt it, baſte it with butter, ſave the
avy, and put there to a little Sack or
uſcadine, let it ſtew a little while,
en pour it on your tongue, & ſerve

How to roaſt a Pig with a Pudding in his Belly.

Fley a fat *Pig*, truſs his head look-
g over his back, then temper as
uch ſtuffe as you think will fill his
lly, then pu it into your Pig, and
ick it up cloſe, when it is almoſt
aſted, wring on the juyce of a Lem-
n, when you are ready to take it up,
ke four or five yolks of Eggs, and
aſh your Pig all over, mingle your
read with a little Nutmeg, & *Gin-*
er, then dry it, and take it up as faſt
s you can, let your ſauce, be Vine-
ar, *Butter*, and Sugar, the yolk of a
ard Egg minced, and ſerve it hot.

How to roast a Leg of Mutton.

Cut holes in a Leg of Mutton with a knife, then thrust in slices of Kidney-suet, and stick it with Cloves, roast it with a quick fire, when it is half roasted, cut off the piece underneath and cut it into thin slices, then take a pint of great Oysters with the liquor, three or four blades of *Mace*, a little Vinegar and Sugar, stew these till the liquor be half consumed, then dish up your Mutton, pour on the sauce and serve it.

How to roast a neck of Mutton.

Cut away the swag, and roast it with a quick fire, but scorch it not, baste it with butter a quarter of an hour, after wring on the juyce of half a Lemon, save the gravy, then baste it with butter again, wring on the other half of the Lemon, when it is roasted dry it with Manchet and grated Nutmeg, then dish it, and pour on your sauce.

To

To roast a Shoulder or Haunch of Venison, or a Chine of Mutton.

Take any of the meats and lard
m, prick them with Rosemary,
ste them with butter, then take half
int of Claret-wine, Cinnamon,
inger, Sugar, grated-bread, Rose-
ary, and Butter, let all these boil
gether until it be as thick as water-
uel, then put in a little Rose-water
d Musk, it will make your Gallin-
e taste very pleasantly, put it on a
ing dish, draw out your meat, and
y it into that dish, strew it with salt

roast a Shoulder or Fillet of Veal.

Take Parsly, winter Savory, and
yme, mince these small with hard
gs, season it with Nutmeg, Pep-
r, Currans, work these together
ith raw yolks of Eggs, then stuffe
our meat with this, roast it with a
ick fire, baste it with Butter, when
is roasted, take the gravy and put

therto

thereto Vinegar, Sugar, and Butter, let it boil, when your meat is roaſted pour this ſauce on it, and ſerve it.

To roaſt a Gigget of Mutton.

Take your Gigget with Cloves & Rolemary, and lard it, roaſt it, baſte it with butter, and ſave the gravy, put thereto ſome Claret-wine, with a handful of Capers, ſeaſon it with Ginger and Sugar, when it is boiled well, diſh up your Gigget, and pour on your ſauce.

To fry a Chicken,

Boil your Chickens in water and Salt, then quarter them into a pan with ſweet Butter, and let them fry leiſurely, then put thereto a little Verjuyce, and Nutmeg, Cinnamon and Ginger, the yolks of two or three raw Eggs, ſtir theſe well together, and diſh up your Chickens, pour the ſauce upon them,

How

How to fry Calves-feet

Boil them, and blanch them, then cut them in two, then take good store of Parsly, put thereto some yolks of Eggs, season it with Nutmeg, Sugar, Pepper, and Salt, then roul your Calves-feet in them, and fry them with sweet butter, then boil some Parsly, and beat it very tender, put to it Vinegar, Butter, and Sugar, heat it hot, then dish up your feet upon sippets, pour on your sauce, scrape on some Sugar, and serve it hot

How to fry Tongues

Boil them, and blanch them, cut them in thin slices, season them with Nutmeg, Sugar, Cinnamon, & Salt, then put thereto the yolks of raw Eggs, the coar of a Lemon cut in square pieces like a Die, then fry them in spoonfuls with sweet butter, let your sauce be white-Wine, Sugar and Butter, heat it hot, and pour it on your Tongues, scrape on Sugar, and serve it.

How to make Fritters.

Make your Batter with Ale, Egg and Yest, season it with milk, Clove Mace, Cinnamon, Nutmeg, & Salt cut your Apples like Beanes, the put your Apples & Butter together fry them in boiling Lard, strew o Sugar and serve them.

To souce Brawn.

Take up your Brawn while it b hot out of your boiler, then cove it with Salt, when it hath stood a hour, turn the end that was under upward, then strew on salt upon that then boil your soucing-drink, and put thereto a good deal of salt, when it is cold put in your Brawn, with the salt that is about it, & let it stand ten daies, then change your soucing-dring, and as you change it put in Salt, when you spend it, If it be too salt, change it with fresh dring.

To souce a Pig.

Cut off the head, and cut your Pig

into two fleiks, & take out the bones then take a handful of ſweet Hearbs, and mince them ſmall, then ſeaſon your Pig and Hearbs with Nutmeg, *Ginger*, Cloves, *Mace*, and *Salt*, then ſtrew your hearbs in the Inſide of your Pig, then roul them up like two Collers of Brawn, then bind them in a cloth faſt, then put them a boiling, in the boiling-pot put in ſome Vinegar & ſalt, when they are boiled very tender, take them off, let them ſtand in the ſame liquor two or three daies, then put them into ſoucing-drink, & ſerve it with *Muſtard* and Sugar

How to ſouce Eeles

Take two fair Eeles and fley them, cut them down the back, and take out the bones, and take good ſtore of Parſley, Thyme, and ſweet *Majoram*, mince them ſmall, ſeaſon them with Nutmeg, *Ginger*, *Pepper*, and *Salt*, ſtrew your hearbs in the inſide of your Eeles,

then roul them up like a Coller o
Brawn, put them into a cloth, an
boil them tender with Salt and Vi
negar, when they are boiled then tak
them up, let it be in the pickle two o
three dayes, and then spend them.

How to souce a Breast of Veal.

Take out the bones of a Breast o
Veal, & lay it in water ten or twelv
hours, then take all manner of swee
hearbs, and mince them small, the
take a Lemon, & cu it in thin sl ce
then lay it with your hearbs in th
infide of your breast of Veal, the
roul it up like a Coller, and bind i
in a cloath, and boil it very tender,
then put it into saucing drink an
spend it.

To souce a Tench or Barbel.

First cut them down the back,
then wash them, then put them
boiling in no more water than will
cover them, when they boyle,
put in some Salt and Vinegar,
scum

scum it very clean, when it is boiled enough take it up, and put it into a dish fit for the Fish, then take out the bones, pour on as much liquor as will cover it, with grated Nutmeg, and pouder of Cinnamon, when it is cold serve it.

To souce a Fillet of Veale.

Take a fair Fillet of Veale, and lard it very thick, but take out the bones, season it with Nutmeg, Ginger, Pepper, and Salt, then roul it up hard, let your liquor be the one half white-wine, the other half Water, when your liquor boileth put in your meat, with salt, and Vinegar, and the peel of a Lemon, then scum it very clean, let it boil until it be tender, then take it not up until it be cold, and souce it in the same liquor.

To marble Beef, Mutton, or Venison.

Stick any of these with Rosemery and Cloves, then roast it, being first joynted very well, then baste

it often with water and Salt, and when it is throughly roasted, take it up and let it cool, then take Claret-Wine, and Vinegar, and as much water, boil it with Rosemary, Bayes, good store of Pepper, Cloves, Salt, when it hath boiled an hour, take it off, and let it cool, then put your meat into a Vessel, and cover it with this liquor and Hearbs, then stop it up close, the closer you stop it the longer it will keep

To marble Fish

Take Flounders, Trouts, Smelts or Salmonds, Mullers, Makrels, or any kind of shell-Fish, wash them and dry them with a cloath, then fry them with Sallade-Oyle, or clarified Butter, fry them very crispe, then make your Pickle with Claret-Wine, and fair Water, some Rosemary and Thyme, with Nutmegs cut in slices, and Pepper, and Salt, when it hath boiled half an hour take it off, and let it cool, then put your

your fish into a Vessel, cover it with liquor and spice, and stop it close.

How to make a Tart of Wardens.

You must first bake your Wardens in a pot, then cut them in quarters, and core them, then put them into your Tart, with sugar, Cinnamon, and Ginger, then close up your Tart, and when it is almost baked, do it as your Warden-Pie, scrape on sugar, and serve it.

To make a Tart of green Peese.

Take green Peese and seeth them tender, then pour them out into a Cullender, season them with Saffron, salt, and sweet butter, and sugar, then close it, then bake it almost an hour, then draw it forth and ice it, put in a little Verjuyce and shake it well, then scrape on sugar and serve it.

How to make a tart of Rice.

Boil your Rice, and pour into a Cullender, then season it with cinnamon, Nutmeg, Ginger, and Pep-

per, and Sugar, the yolks of three or four Eggs, then put it into your Tart with the juyce of an Orange, then close it, bake it, & ice it, scrape on Sugar, and serve it.

How to make a Tart of Medlers.

Take Medlers that are rotten, then scrape them, then set them upon a Chafingdish of coals, season them with the yolks of Eggs, Sugar, Cinnamon, and Ginger, let it boil well, and lay it on paste, scrape on Sugar, and serve it.

How to make a Tart of Cherries.

Take out the stones, and lay the Cherries into your Tart, with Sugar, Ginger, and Cinnamon, then close your Tart, bake it, and ice it then make a sirrup of Muskadine, and Damask-water, and pour this into your Tart, scrape on Sugar, and serve it.

How to make a Tart of Strawberries.

Wash your Strawberries, and put them into your Tart, season them with

with Sugar, Cinnamon, Ginger, and a little red Wine, then close it, and bake it half an hour, ice it, scrape on Sugar, and serve it.

To make a Tart of Hips.

Take Hipps, and cut them, and take out the seeds very clean, then wash them, season them with Sugar, Cinnamon, and Ginger, then close your Tart, bake it, ice it, scrape on Sugar, and serve it.

How to make a Pippen Tart.

Take fair Pippins and pare them, then cut them in quarters and core them, then stew them with Claret-Wine, Cinnamon, and Ginger, let them stew half an hour, then pour them out into a Cullender, but break them not, when they are cold, lay them one by one into the Tart, then lay on Sugar, bake it, ice it, scrape on Sugar, and serve it.

How to scald Milk after the Western-fashion.

When you bring your Milk from the Cow, strain it into an earthen pan, & let it stand two hours, then set it over the fire until it begin to heave in the middle, then take it off, but jog it as little you can, then put it into a room where it may cool & no dust fall into it, this Milk or Cream you may keep two or three dayes.

To make a Junket.

Take Ewes or Goats-milk, if you have neither of these, then take cows-milk, and put it over the fire to warm then put in a little Runnet to it, then pour it out into a dish and let it cool, then strew on Cinnamon, and sugar, then take some of your aforesaid Cream & lay on it, scrape on Sugar, and serve it.

To make honey-Clutter,

Take Milk, and put into an earthen pot, and put thereto Run-

ne,

net, let it ſtand two daies, it will be all in a curd, then ſeaſon it with ſome ſugar, *Cinnamon*, & cream, then ſerve it, this is beſt in the hotteſt of the ſummer.

To make a White pot.

Take a quart of *Cream*, and put it over the fire to boil, ſeaſon it with Sugar, Nutmeg, and *Cinnamon*, Sack, and Roſe-water, the yolks of ſeven or eight *Eggs*, beat your *Eggs*, with *Sack* and Roſe-water, then put it into your *Cream*, ſtir it that it curdle not, then pare two or three Pippens, core & quarter them, and boil them with a handful of Raiſins of the Sun, boil them tender, and pour them into a *Cullender*, then cut ſome ſippets very thin, and lay ſome of them in the bottome of the diſh, and lay on half your Apples, & Currans then pour in half your milk, then lay on more ſippets, and the reſt of your Apples, and Raiſins, then pour on the reſt of your *Milk*, bake it, ſcrape on ſugar, and ſerve it.

How

How to make a Pudding in haſt.

Take a pint of *Milk*, and put thereto a handful of Raiſins of the Sun, and as many Currans, and a piece of *Butter*, then grate a Manchet and a Nutmeg alſo, and put thereto a little Flower, when your Milk boileth put in your bread, let it boil a quarter of an hour, and put in a piece of Butter in the boiling of it, and ſtir it alwayes, then diſh it up, pour on butter, and ſerve it

To make a Pudding in a Diſh

Take a quart of Cream, put thereto a pound of *Beef*-ſuet minced ſmall, put it to your *Milk*, ſeaſon it with Nutmeg, *Sugar*, and Roſe-water, and Cinnamon, then take ſome ſeven or eight Eggs, and beat them very well, then take a caſt of Manchets, and grate them, and put unto it, then mingle theſe toge her well, then put it into a diſh

dish, and bake it, when it is baked scrape on Sugar, and serve it.

To boil Cream.

Take a quart of Cream, and set it a boiling with Mace, whilst your Cream is boiling, cut some thin sippets, then take seuen or eight yolks of Eggs, but them with Rose-water and sugar, and a little of your Cream when your Cream boileth, take it off the fire, and put in your Eggs, and stir it very fast that it curdle not, then put your sippets into the dish, pour in your Cream, and let it cool, when it is cold, scrape on sugar and serve it,

To draw Butter

Take your Butter, and cut it into thin slices, put it into a dish, then put it upon the coales where it may melt leisurely, stir it often, and when it is melted, put in two or three spoonfuls of Water, or Vinegar, which you will, stir then and beat it until it be thick

Lady

Lady of Arundels *Manchet.*

Take a bushel of fine wheat flower twenty eggs, three pound of fresh butter, then take as much Salt and bran as to the ordinary *Manchet*, temper it together with new milk pretty hot, then let it lie the space of half an hour to rise, so you may work it up into bread, and bak it, let not your Oven be too hot.

To boil Pigeons.

Boil them in water and salt, take a handful of *Parsly*, as much Thyme stript, two spoonfuls of *Capers* minced altogether, and boil it in a pint of the said liquor a quarter of an hour, then put in two or three spoonfuls of verjuyce, two Eggs beaten, let it boil a little and put to a little *Butter*, when you have taken it off the fire, stir this altogether, and pour it upon the Pigeons, with sippets round the dish.

A Florentin.

A Florentine of sweet bread or Kidneys.

Parboil three or four Kidneys, and mince them small, season them with Nutmeg, one stick of *Cinnamon*, beat as much *Sugar*, as will sweeten it, and a penny loaf grated, and the marrow of three bones in good pieces, and a quarter of a pound of *Almond*-paste, a glass of *Mall*, o-sack, two spoonfuls of Rose-water, a grain of *Musk*, and one grain of Ambergriece, & a quarter of a pint of cream three or four Eggs, and mix it altogether, & make it up in puffe-paste, & bake it three quarters of an hour.

A Pork Pie.

Boil your leg of *Pork*, season it with Nutmeg and Pepper, and Salt, bake it five hours in a round Pie.

A Chicken Pie.

Scald and season your Chickens with Nutmegs, as much *Sugar* as *Cin-*

Cinnamon, Pepper, and Salt, then put them in your Pie, then put three quarters of quartered Lettice, and six Dates quartered, and a handful of Goosberries, and half a sliced Lemon, and three or four branches of Barberries, and a little Butter, you may use to four Chickens three marrow-bones rould in yolks of Eggs, and Ringo-roots, and some preserved Lettice, make a Caudle, and put in when the Pie comes out of the oven, an hour and a half is enough to stand in the Oven.

A Lamb Pie.

Take the same ingredients you did for the Chicken Pie, only leave out the Marrow, the Ringo-roots, and the preserved Lettice, make your Caudle of White-wine, Verjuyce and Butter, put it in when the Pie comes out of the oven.

Sauce for a Shoulder of Mutton.

Take a spoonful of Hearbs, and as many Capers, half a pint of white-Wine, half a Nutmeg, and two Eggs

when

when it is boiled put a piece of *Butter* to the gravie, when it is boiled, take it off, and put the butter in.

A Lumber Pie.

Take three or four sweet-breads, of Veal, parboil and mince them, very small, then take the Curd of a quart of milk, turned with three Eggs, half a pound of Almond-paste, and a penny-loaf grated, mingle these together then take a spoonful of sweet Hearbs minced, very small, also six ounces of Oringado and mince it, then season al this with a quartern of Sugar, and three Nutmegs, then take five Dates, and a quarter of a pint of Cream, four yolks of Eggs, three spoonfuls of Rose-water, three or four Marrow-bones, mingle all these together, except the *Marrow*, then make it up in long Boles, about the bignss of an Egg, and in every hole put a good piece of *Marrow*, put these into the Pie, then put a quarter of a pound of butter and half a sliced Lemon, then make

make a caudle of white-wine, *Sugar* and verjuyce, put it in when you take your pie out of the Oven, you may use a grain of Musk & Ambergriece.

An Oyster-Pie.

Season your Oysters with Nutmegs, *Pepper*, & salt, & sweet hearbs, your Oysters being first thrown into scalding water and parboiled, season them, and put them into the *Pie*, put two or three blades of *Mace*, and half a sliced Lemon, and the Marrow of two bones rould in the yolks of Eggs and some *Butter*, then let your pie stand almost an hour in the Oven, then make a caudle of Verjuyce, Butter and *Sugar*, put it into your *Pie*, when you take it out of the Oven, you may use two Nutmegs to one quart of Oysters, and as much *Pepper* as the quantity of three Nutmegs but lesse salt, & one spoonfull of sweet hearbs.

A Hartechoke-Pie.

Take the bottome of boiled Hartechokes, and quarter them, and take the

the meat from the leaves, season it with half an ounce of Cinnamon, and half an ounce of beaten Nutmegs, and two ounces of Sugar, and put them into your Pie, and boiled Marrow rould in yolks of Eggs, and six blades of large Mace, Lemon sliced, six quartered Dates; and a quarter of a pound of Ringo-roots, half a pound of fresh-Butter, then let it stand in the Oven one hour, and when you take it out put a Caude into your Pie, made of white-Wine, Sugar, and Verjuyce

A Calves-foot Pie

Mince your Calves-foot very small; then season them with two Nutmegs and three quarters of an ounce of Cynnamon, one quarter of a pound of Sugar, half a pound of Currans, two Lemon pills minced, ten Dates minced, three spoonfuls of Rose-water, and half a pound of fresh-Butter, bake it an hour, and put

put a caudle into it, made of white-Wine, Sugar, and Verjuyce.

A Skirret Pie.

Take a quarter of a peck of Skerrets blanched, and sliced, season them with three Nutmegs, and an ounce of Cinnamon, and three ounces of Sugar, and ten quartred dates and the marrow of three bones rouled in yolks of Eggs, and one quarter of a pound of Ringo-roots, and preserved Lettice, sliced Lemon, four blades of mace, three or four branches of preserved Barberies, and half a pound of Butter, then let it stand one hour in the Oven, then put a caudle made of white-wine, verjuyce butter, and sugar, put it into the pie when it comes out of the Oven.

A Calfs-head Pie for supper.

Boil your Calves-Head almost enough, cut it in thin slices all from the

the bone, season it with three beaten Nutmegs, a quarter of an ounce of Pepper, and as much salt as there is seasoning, then take a spoonful of sweet herbs minced small, and two spoonfuls of Sugar, and two or three Hartechoak bottoms boiled, and cut them in thin slices, and the Marrow of two bones rouled in yolks of Eggs, a quarter of a pound of Ringo-roots, and a quarter of a pound of Currans, then put it into your pie, and put a quarter of a pound of butter, and a sliced Lemon, three or four blades of Mace, three or four quartered Dates, let it stand an hour and more in the oven then when you take it out, put into it a caudle made of Sugar, white-wine, Verjuyce and butter.

A Lark Pie.

Take three dozen of Larks, season them with Nutmegs, and half an ounce of Pepper, a quarter of an ounce of Mace beaten, then take the Lum-

Lumber ple-meat, & fil their bellie
If you will, if not, take half a poun
of ſuet, and one pound of *Mutto*
minced, half a pound of Raiſins,
the Sun, and ſix Apples minced alto
gether very ſmall, then ſeaſon it wit
a Nutmeg, pepper, and *Salt*, and on
ſpoonful of ſweet Hearbs, and a Lem
on-pill minced, one penny loaf gra
ed, a quarter of of a pint Cream, tw
or three ſpoonfu's of Roſe-water
three ſpoonfuls of *Sugar*, one or tw
ſpoonfuls of Verjuyce, then mak
this in boles and put it in three bel
lies, and put your Larks in your pi
then put your *Marrow* rould in yol
of Eggs upon the Larks, and larg
Mace & ſliced Lemon, & freſh-bu
ter, let it ſtand in the oven an hou
when you take it out, make your cau
dle of butter, Sugar, and white-Wi
Vinegar, put it into the Ple.

A hot Neats-Tongue for Supper.

Boil your tongue till it be tender, blanch it, and cut it in thin pieces, season it with Nutmeg, and a quarter of an ounce of pepper & as much salt as seasoning, then take six ounces of Currans, season all together, and put it into the pie, then put a *Lemon* sliced, and Dates, and *Butter*, then bake it, and let it stand an hour and a half; then make a Caudle of white-Wine, and Verjuyce, Sugar & Eggs, and put it in when you take it out of the Oven.

A cold Neats-tongue-Pie.

Your tongue being boiled, blanched, and larded with *Pork* and *Bacon* season it with the same ingredients the Deer hath, that is, three Nutmegs, three races of Ginger, half an ounce of Cloves and *Mace* together, and half an ounce of Pepper, beat your spice altogether, more salt then seasoning, and likewise lay

in

in the liquor, bake it two hours, b
put one pound of butter in your p
before you lid it

A Potato Pie for Supper

Take three pound of boiled an
blanched *Potatoes*, and three Nut
megs, and half an ounce of Cinna
mon beaten together, and three ou
ces of Sugar, season your Potatoes,
and put them in your pie, then tak
the marrow of three bones rouled in
yolks of Eggs, and sliced Lemon, &
Large *Mace*, and half a pound of
butter, six Dates quartered, put this
into your pie, & let it stand an hour
in the Oven, then make a sharp cau-
dle of butter, Sugar, Verjuyce and
white-wine, put it in when you take
your pie out of the oven

A Pigeon or Rabbet Pie

Take one ounce of Pepper and
more Salt, then season your pigeons
or Rabbet, and take two Nutmegs
grated with your seasoning, then
lay your Rabbet in the Pie, and one
pound

pound of butter, if you heat the Pie not, then put in two or three slices of Lemon, and two or three blades of Mace, and as many branches of Barberries, & a good piece of fresh butter melted, then take it & let it stand an hour and half, but put not in the fresh butter till it comes out of the Oven.

To make puffe-Paste.

Break two Eggs in three pints of flower, make it with cold water, then roul it out pretty thick and square, then take so much butter as paste, & lay it in rank, and divide your butter in five pieces, that you may lay it on at five several times, roul your paste very broad, and take one part of the same butter in little pieces all over your paste, then through a handful of flower slightly on, then fold up your paste and beat it with a rouling-pin, so roul it out again, thus do five time and make it up.

A Pudding.

Take a quarter of Cream, and two Eggs, beat them, and strain them into the Cream, and grate in a Nutmeg and half, take six spoonfuls of flower, beat half a pound of Almonds with some Cream, and put it into the cream, and mix this together, boil your Pudding an hour and no more, first flower the Bag you put it in, then melt fresh butter, and take Sir ar and Rose-water, beat it thick, and pour it on the pudding, you may put to a little Milk, and stick blanched Almonds and Wafers in it, add to the same pudding, if you will, a penny-loaf grated, a quarter of Sugar, two Marrow-bones, one Glass of Maligo Sack, six Dates minced, a grain of Ambergrice, a grain of Musk, two or three spoonfuls of Rose-water, bake the Pudding in little wooddithes, but first butter them, your Marrow must be stuck on and again then bake it half an hour, five or

seven

seven at a time, and so set them in order in the dish, & garnish them with a spring in the middle; & waters about it, strew Sugar about the branch, and sliced Lemon, set four round, & one in the top.

Frigasie of Veal.

Cut your meat in thin slices, beat it well with a rouling-pin, season it with Nutmeg, Lemon, and Thyme, fry it slightly in a pan, beat two Eggs and one spoonful of Verjuyce, and put it into the pan, & stir it together, and dish it.

Frigasie of Lamb.

Cut your lamb in thin slices, season it with Nutmeg, Pepper, and Salt, mince some Thyme, and Lemon, and throw it upon your meat, then fry it slightly in a pan, then throw in two Eggs beaten in Verjuyce and Sugar into the pan, also a handful of Goosberries, shake it together and dish it.

Frigasie of Chickens.

Kill your Chickens, pull skin

and feathers off together, cut them in thin slices, season them with Thyme and Lemons minced, Nutmeg and Salt, a handful of Sorrel minced, then fry it well with six spoonfuls of Verjuyce, one spoonful of Sugar, beat it together, so dish it with sippets about.

Another Fragise of Chickens.

Take the former ingredients, and add to it boil'd Hartechoak bottoms with the meat of the leaves, and a handful of scalded Goosberries, and boiled Skerrets and Lettice tossed in butter when they are boiled, and two spoonfuls of Sugar, two Eggs and Verjuyce beaten together, and lay your Lettice upon your Chickens as before, and sliced Lemon upon it, and sippets upon the Dish.

A Fragise of Rabbets.

Cut your Rabbet in small pieces, and mince a handful of Thyme and

and parſley together, and a Nutmeg, Pepper & Salt, ſeaſon your Rabbits then take two Eggs, and Verjuyce beaten together, and throw it in the pan, ſtick it, and diſh it up in ſippets.

To hatſh a ſhoulder of Mutton.

Half roaſt your Mutton at a quick fire, cut it in thin ſlices, ſtew it with Gravy, ſweet-Marjoram, & Capers, & onions, three Anchovies two oyſters, half a Nutmeg, half a ſliced Lemon, ſtir this altogether with the meat, let it ſtew till it be tender in a diſh, then break 3 or 4 yolks of Eggs, & throw it in the diſh with ſome butter, toſſe it well together, and diſh it with ſippets.

To make a Cake.

Take half a peck of flower, two pound and a half of Currans, three or four Nutmegs, one pound of Almonds paſte, two pound of Butter, and one pint of Cream, three ſpoonfuls of Roſe-water, three quarters of a pound of Sugar, half a

pint of Sack, a quarter of a pint of Vinegar, and six Eggs, so make it, and bake it.

To make a Leg of Mutton three or four dishes.

Take a Leg of Mutton, cut out the flesh and the bone, but save the skin whole, divide the meat in three pieces, and take the tenderest, and cut it in thin slices, and beat it with a rouling-pin, season it with Nutmeg, Pepper and Salt, and mince Thyme & Lemon-pill, fry it till it be tender, then beat two Eggs with a spoonful of Verjuyce, throw two Anchovies into the pan, shake it altogether, and put it into the Dish with sippets round the dish, being dreft with Barberries scalded, parsly and hard Eggs minced.

Another part of the same meat stew in a Dish with a little white Wine, a little butter, and sliced Lemon, one Anchovy, two Oysters, two blades of Mace, a little Thyme on a branch, and one whole Onion, take

take out the Thyme and the Onion when it is stewed, do it altogether on a Chafingdish of coals till it be tender, then dish it, garnish your dish with heard Eggs, and Barberries, and slieced Lemon, and sippets round the dish.

Take another part of the same meat, mince it small with Beef suet and a handful of Sage, to three quarters of a pound of suet and one pound of meat, you may use a spoonful of Pepper and Salt, mix this altogether and stuffe the skin of the Leg of Mutton hard, skiver it close, and spit it at a quick fire, and will roast it in an hour.

Take another part of the same meat, then put in the Pepper and Salt, with a grated Nutmeg, some sweet Herbs, and a Lemon pill minced, a penny loaf grated, one spoonful of Sugar, a quarter of a pound of Raisins, and a quarter of Currans, minced altogether with the meat and the Suet, and the rest

of

of the ingredients, put to two spoonfuls of Rose-water, and as much Sack as Spice, then make it up in litle long boles or rouls, and butter your dish, and lay them in with a round bole in the middle, set them in an oven half an hour, then pour the liquor which will be in the dish, and melt a little butter, Verjuyce and sugar, and pour upon it, garnish your dish, stick in every long roul a flour of paste, and a branch in the middle.

To souce an Eele.

Souce your Eele with a handful of Salt, split it down the Back, take out the chine-bone, season the Eele with Nutmeg, Pepper, and Salt, and sweet Hearbs minced, then lay a packthread at each end, and the middle roul up like a Coller of Brawn, then boil it in water, and Salt, and Vinegar, and a blade or two of Mace, and half a sliced Lemon boil it half an hour, keep it in

the same liquor two or three dayes, then cut it out in round pieces, and lay six or seven in a dish, with Parsly, and Barberries, and serve it with Vinegar in saucers.

To sauce a Calves-Head.

Boil your Calves head in water & Salt so much as will cover it, then put in half a pint of Vinegar, a branch of sweet hearbs, a sliced Lemon, & half a pint of white-Wine, two or three blades of Mace, & one ounce or two of Ginger sliced, boil it together till it be tender, keep it in the liquor two or three days, serve it, the dish upright and stick a branch in the mouth and in both eies, garnish the dish with jelly or pickled Cucumbers, and saucers of Vinegar, and Jelly, and Lemon minced.

A stewed Rabbet.

Cut your Rabbet in pieces, and season it with Pepper, and Salt, Thyme, Parsly winter Savoury, and sweet-Marjoram, three Apples, and three

three Onions minced altogether, stew it till it be tender with Vinegar and water, put a good piece of butter in, stir it altogether in your dish, put sippets in the bottome, then serve it up with the head in the middle of the dish with sippets in the mouth.

Lay your Pig in the same ingredients you did for your Calfes-head, use the same for a Capon, & the same for a Leg of Mutton.

To boil Chickens.

Boil your Chickens in water and Salt, and wine-Vinegar, a blade of Mace, a good handful of Endive, and as much Succory, two handfuls of skerits boiled and blanched, when the Chickens and these things are stewed, take a pint of Liquor up, and put to a quart of white-Wine, and one ounce and a half of Sugar, and three Eggs to thicken it, a piece of butter, and lay them in the dish, and pour it on.

To boil a Rabbet.

Boil them in water & Salt, mince Thyme and Parsly together, a handful of each, boil it in some of the same liquor, then take three or four spoonfuls of verjuyce, a piece of Irish butter, two or three Eggs, stir the Eggs together in the liquor, set it upon the fire till it be thick, then pour it upon the Rabbet, so serve it in.

To boil a Duck.

Half roast your Duck with a quick fire, take as much Wine and Water as will cover her, take some Thyme and Parsley, and one handfull of sweet-Marjoram, two blades of Mace, half a Lemon sliced, stew these together half an hour without Onions, take some of your liquor and thicken it with three or four Eggs, two or three spoonfuls of Verjuyce, a piece of Butter, and as much Sugar as will lie upon it, dish your Duck, and boil three or four slices of Lemon by itself, and hard

Eggs

Eggs minced, put this upon your Duck then pour your liquor upon it with Barberries, so you may boil Pigeons with the same Ingredients, or Plover, or Teal.

A roasted shoulder of Mutton.

When it is roasted, slash it, and carbonado it, take two spoonfuls of Capers, and a little Thyme, and Lemon minced, half a Nutmeg, two Anchovies, a quarter of a peck of Oysters, mix altogether, boil them one hour in strong broth and white Wine, then pour it upon the meat, with hard Eggs minced, and slipper round the dish, strew first Salt on the meat, then the hard Eggs, and slices Lemon and Barberries.

FINIS.